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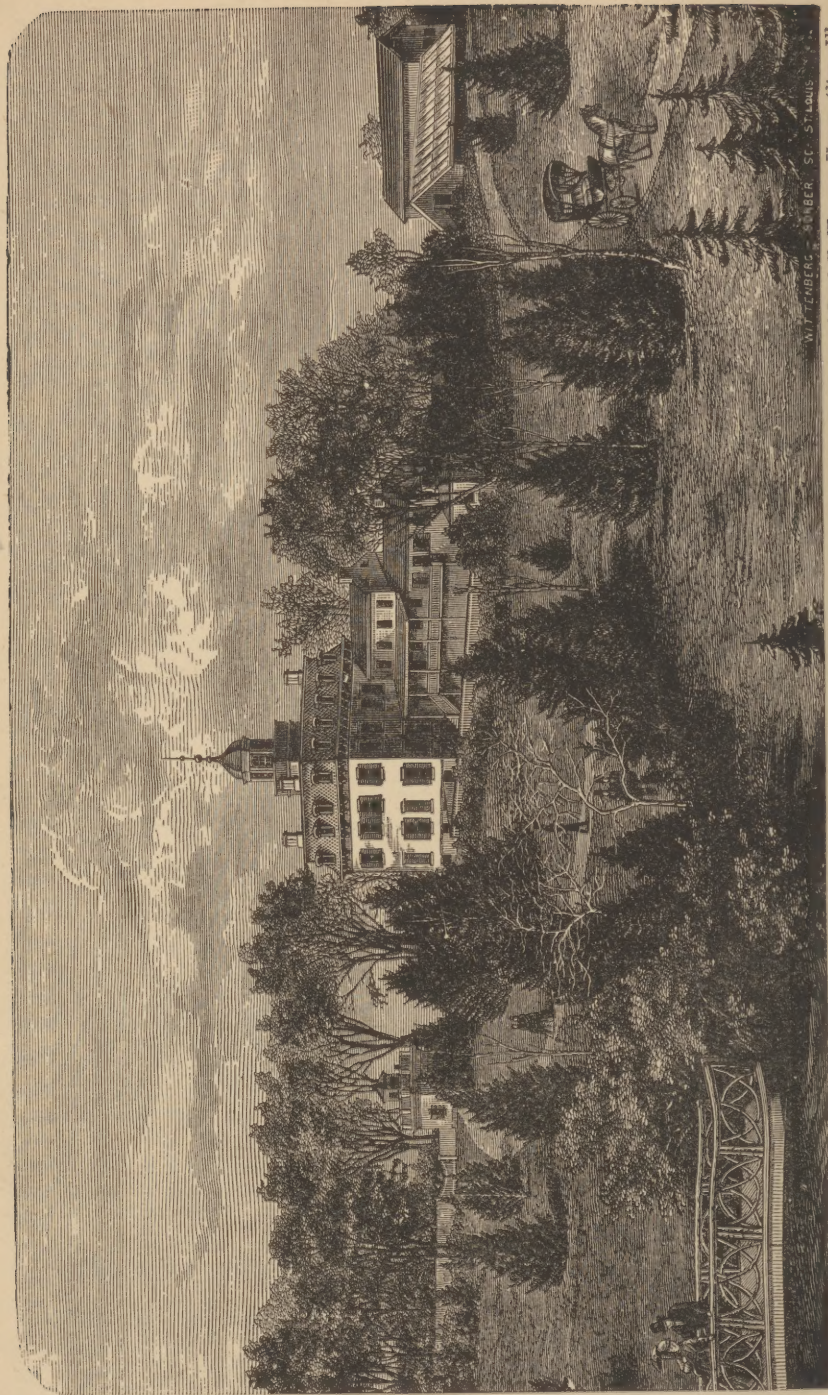


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WITTENBERG - SCHUBERT - SC. ST. LOUIS

[Collegiate Residence of Prof. E. Wyman, Upper Alton, Ill.]

A HEALTHY HOME

ENCYCLOPEDIA OF HEALTH AND HOME;

A Domestic Guide to Health, Wealth and Happiness;

THOROUGH AND EXHAUSTIVE, AND ADAPTED TO THE EASY
APPREHENSION OF ALL CLASSES.

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STEPPING STONE;" "DISEASES OF INFANTS AND CHILDREN;" ETC.

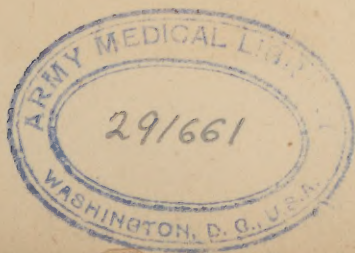
IN TWO VOLUMES.

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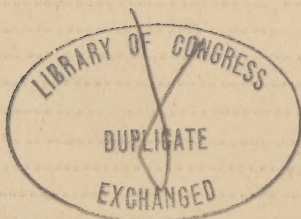
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P R E F A C E .

These volumes contain useful and practical information on every subject that touches the physical well-being, comfort and happiness of man, from infancy to age. The general knowledge they impart, and the useful instruction they give, for the preservation and restoration of health, comfort, happiness and beauty, are worth more to any family or individual than all the strong, drastic medicines in the world; leaving out of view the consideration that they will enable the readers of this book to dispense, in a great measure, with the costly services and nauseous drugs of the apothecary.

In the divisions on diseases, accidents and emergencies will be found the various food and home-remedies which have latterly been so extensively employed in different parts of Europe, and which have never before been given to the public in this country; and with these again are combined many new remedies, of a like character, of our own country, of great practical value, which have recently come into use and won their way to the favorable regard of all classes.

The remedies for all diseases will be further found, on actual inspection or trial, as easy of access as they are safe to the life and health of those who use them. For the most part they lie at hand, in the house of almost every man, and are here given in such number and variety, and with such plain and precise directions for their use, as to make the owner of this book, if he chooses to be so, almost a stranger to the apothecary.

In these days of steam and lightning and other vast and rapid mechanical powers, every hour and moment of time has its money-value;

and this truth has governed the construction of the present work, in which everything will be found pointed, condensed and shorn of all superfluous verbiage. Here is no demand for learning and hard study. Here are no difficult terms and abstruse professional formulas. Everything is translated into the familiar, spoken language of the country, so that the average reader can consult this work, and avail himself of its priceless help, as quickly and as easily as the accomplished scholar.

This book will also meet the wants of the adherents of the various schools of practice; and with the sufficient and systematic treatment of these, the reader will find something new and practical on the diseases and training of domestic animals.

DIVISION FIRST.

LOCAL HYGIENE.

HEALTHY AND UNHEALTHY RESIDENCES.

Upon the wise decision of "Where to build," or "Where to live," in order to avoid disease, depend, to a greater or less extent, the health, the consequent happiness, and eventual success in life, of every man. To the truth of this, there are thousands who can testify. It is demonstrably true, that the difference of a few hundred feet, of a dozen rods, sometimes, in locating a dwelling for a family, is precisely the difference between its almost complete destruction, in a few years, by disease and death, and its increase, its prosperity, its health and happiness. Large sums of money are expended in erecting dwellings, that prove to be castles only of infection and disease.

Fillings of certain soils are causes of disease; and dwellings, that are erected over them, become impregnated with the deleterious and poisonous gas, that ascends from them. A dry atmosphere and soil, as that of some of the Pacific States, may be an exception to the statement.

During the official investigations as to the cause of

so much sickness and death at the National Hotel, in Washington City, some years ago, it was shown that there was no unusual sickness in any of the houses across the street, and that the causes of the disease were under the building itself.

This proves the statement before made, that the difference of a few feet, in the locality of two buildings, is the difference, sometimes, between life and death. Hence, it is a matter of most vital importance to every one who contemplates erecting a dwelling, to obtain such information as will enable him to ascertain why certain localities are prejudicial to health.

Malaria or Miasm—It is this subtle agent that brings disease and death to hundreds of thousands every year. It is the principal cause of nearly every epidemic disease, such as fever and ague, dysentery, diarrhea, cholera, bilious, conjestive and yellow fevers, etc. But it is gratifying to know that its nature is now, in part, comprehended, as also some of the laws by which it is regulated; and that, by wisely directed efforts, this *Samson* may be shorn of his locks, and the great destroyer may either be avoided, or rendered comparatively powerless.

Residences, as Affected by Malaria—Some time since, a paper, published in New Orleans, stated, “The yellow fever has broken out in the city, under every conceivable variety of circumstances; when the streets were clean, and when they were filthy; when the river was high, and when it was low; after a prolonged drought, and in the midst of daily torrents; when the heat was excessive, and when the air was spring-like and pleasant; when excavations and disturbances of the soil had been frequent, and when scarcely a pavement had been laid or a building erected. Almost the only fixed and undeni-

able fact connected with the disease is, that its prevalence is simultaneous with the heats of summer, and that frost is its deadly enemy."

From these facts, then, we may draw two important conclusions in reference to malaria, viz., that heat and moisture are essential to the production of this disease; and that it cannot exist when there is severe frost.

It is known that some thirty or forty years ago Louisville, Kentucky, was one of the most pestilential spots in the habitable West. But by a wise system of draining and filling it is now a healthy and beautiful city.

The Foliage of Trees will Counteract Malaria

—Growing hedges or trees, between a malarious locality and a dwelling, counteracts the miasmatic influences of the former. The leaves seem to absorb and feed upon the malaria; but for the better protection of health, there should be a space of 150 feet, or more, between the trees, or hedge, and the house. The thicker and broader and higher the hedge, and the nearer the leaves to the ground, the better; for it is there malaria seems to exist in its greatest malignity. It is seldom concentrated enough at the height of ten feet to be materially hurtful.

Residences in Time of Plagues—In the cities of the Old World, in the time of the plagues and pestilences, the inhabitants had a custom of living in the upper stories of their dwellings while the disease was raging. They would not even come down to obtain marketing, but would let down baskets by ropes to the country people, for the provisions they wished to purchase. They failed to discover why the country people could come to town with impunity, while they themselves were only safe from disease when they lived in the upper stories of their dwellings.

The philosophy of this affair is this: malaria is condensed by cold, made heavy and falls to the earth, hovering, as it were, within a foot of its surface; hence it is not breathed unless a person lies on the ground.

On the other hand, heat so rarefies the malaria as to make it comparatively harmless.

The coldness of night condenses and renders the malaria heavy, and, therefore, it is thrown to the surface of the ground, while the heat of the day rarefies it, and sends it upward to the clouds again. From these facts it is readily perceived why country people, going to town, as they did in the day-time, could do so with comparative safety.

Not more than half a century ago, the yellow fever and other deadly diseases prevailed in Charleston, South Carolina, and it was known at the time to be almost certain death, except to the acclimated, or to the very hardy, to sleep in the city a single night. Yet the merchants came to town at mid-day, under the blistering summer sun, with perfect impunity.

Location of Bed-Chambers—From June to October, people should sleep in the upper stories of their dwellings. And the rooms should be so situated that the rays of the sun can be admitted into them sometime during the day. There is an Italian adage, to the effect that, “Where the sun does not enter, the doctor does.”

When Malaria Does its Destructive Work—Malaria is most pernicious about sunset and sunrise, because the cooling of the atmosphere, at the close of the day, causes it to become condensed above, and therefore heavy, and fall to the earth; while, after sundown, it has settled so near to the earth as to be below the mouth and nostrils; hence it is not breathed. When the sun begins to rise in the morning, the malaria grows

warm and begins to ascend; but after breakfast it is so high as to be above the point at which it can be breathed; and besides, it is so rarefied—so attenuated—as to be innocuous or harmless. Therefore, the practical truth follows, that malaria exerts its most baleful influence on human health about sunrise and sunset; hence, of all the hours of the twenty-four, these are the most hurtful in which to be out of doors; and for the same reason, the hours of midday and midnight are the most healthful to be in the open air in malarious seasons; that is, from June to October, north of the thirty-fifth degree of north latitude.

How to Render Malaria Harmless—But, unfortunately, the cool of the early morning and the late afternoon are the most pleasant times, in the twenty-four hours, for field-work, and the industrious farmer will be exceedingly loth to spend these hours in-doors. There is, however, an almost infallible preventive of any ill effects arising from such an exposure to miasm, or malaria, about sunrise or sunset; and it ought to be made known throughout the country. Farmers whose houses are already built in malarial districts, such as in low, “*made*” lands, near stagnant water, or in the neighborhood of sluggish streams, may exempt themselves, almost altogether, from the whole class of malarial diseases, such as diarrhea, dysentery, chills and fever, of nearly every grade, by eating a warm breakfast before they attempt to go out in the morning, and by taking their suppers just before sunset. The philosophy of the matter is, that a hot or hearty meal so excites the circulation, and so invigorates the whole frame, that the latter acquires the power of resisting the disease-engendering influences of malaria. The Creoles, in portions of Louisiana where vegetation is rank, as in swamps, upon

which the summer's sun beams with great power for many hours during the day, are proverbially exempt from fevers, as are others, who adopt their habits—that is, have their breakfast, or at least a cup of hot coffee, with milk, on rising, or brought to their bed-side before they rise.

The value of this practice is known and appreciated in many other portions of the South.

Malarious Locations not Sickly at all Times—

It may be practically, in some cases, useful, to know that in one year a house on the banks of a sluggish stream, or mill-pond, may be visited with sickness; the next year it may be exempt, because it is a very cold summer; the third year it will escape, because it was a very hot summer; the fourth year it is a very healthful habitation, because of a very wet summer. The causes of these variations are briefly as follows:

1. Malaria cannot rise through water, and the wet summer kept the bed of the pond or stream covered.

2. There can be no malaria without dampness, and the hot summer dried the bed of the pond to dust.

3. The cold summer did not give the degree of heat necessary to the generation of malaria. There is another effectual prevention against malarious diseases. As has been stated, heat rarefies malaria, rendering it comparatively harmless; therefore, in order to accomplish this result, let a brisk fire be kept, for an hour, in the sitting room, at sunrise and sunset, from July to October, and the family repair to this room, and remain there until after breakfast, and as long at sunset. This done, it would save an immense amount of suffering from Chills and Fever, and other malarious diseases.

Where to Build—To those who are able to choose their habitations we offer a few suggestions. The subject

is especially important to delicate families, and to persons predisposed to consumption; it also deserves the attention of those who are healthy, and desire to maintain that condition unimpaired in themselves and their children. We advise, if possible, a country residence, and the selection of a house so constructed as to secure dryness of the foundation walls and roof. The site should be dry—a gentle slope, a gravel soil—and the frontage generally southerly or easterly; the bedrooms, especially those appropriated to cases of sickness, should have this aspect. It should also be a site *from* which there is thorough drainage, but *towards* which there is none. If the house is not upon a slope, the artificial *drainage* must be perfect. In towns and crowded places, in which the accumulation of decomposing and decomposed animal and vegetable matter is great, artificial channels or drains must be so constructed that all noxious matters and vapors may be rapidly removed and carried to a distance, before they can impregnate the atmosphere and water. Every dwelling, to be wholesome, should be accessible to the free passage of currents of air, and provided with an unlimited supply of good water. In the choice of a site for a house, a locality should be avoided in which the water is impregnated with lead, iron, or other mineral substances, or in proximity to stagnant waters; the ground should be above the level of the mist or vapor which rises after sunset in marshy and other districts. In short, the fundamental condition of healthy dwelling-places is—perfect purity of air and water; this must take precedence of all other considerations. The cause of the spread and fatality of the plagues of the middle ages was neglect of the conditions necessary to secure pure air and cleanliness.

Surroundings—Other points of subordinate impor-

tance may be glanced at. The house should not be too closely surrounded by trees, or in immediate proximity to thick woods, as they both attract and retain moisture, while they exclude much sunlight, and prevent the free circulation of air, and thus render the climate cold and damp. A cheerful situation, at the same time commanding the view of green trees, hedges, shrubs, etc., has a beneficial tendency. If compelled to live in a town, the house should face a park, square, or other open place, or at least be situate in a wide, airy street, with a favorable aspect. Lastly, a house should contain adequate bath arrangements, or at least provision for free, personal ablutions.

Some who read these pages may not have it in their power to carry out these hints fully, but be compelled to live where their occupations, families, or means determine; nevertheless, even such may be benefited by these suggestions; for, although they cannot secure perfection in a house or situation, they may aim at an approximation to it.

It is true that many of our readers may be prevented, by circumstances, from selecting the kind of house which would most conduce to their own health and that of their families, but all can avoid many serious dangers, arising from badly located or unhealthy dwellings, if these are clearly pointed out to them.

Air and Water—Concerning the importance of pure air and pure water, too much can hardly be said; and in selecting or building a house, it is impossible to exercise too great care against the presence of soil, situation or method of construction, which does not meet these conditions of health. In city houses, of course, the great danger is in the foul air which escapes from the sewers, through the often empty waste-pipes, the openings

of which are seldom properly closed by the plumber, and still more seldom receive proper attention from all the members of the family. And yet, it has been well ascertained that, than this, there is no more fruitful cause of diphtheria, and of many other diseases not less dangerous and deadly. When the house is built on what is called "made-ground," that is, where earth, rubbish, manure, and a mixture of all other impurities, have been carted and emptied into sink-holes and cess-pools, until they were filled to the level of the neighboring streets, which is the case with about half the dwellings in graded towns and cities, of course, these impurities rise, penetrate and poison the atmosphere and the very walls of such a house for years.

Country Dangers—In country houses, on the other hand, the air is generally pure; but the danger arises from sinking wells and cisterns in too close proximity to barn-yards, pig-styes, privies, etc., whence all impurities seep, through the loose soils, into the water-supply of the family, too often impregnating it with a fatal poison. It is now well known that typhoid fever, diarrhea and dysentery arise and prevail in particular neighborhoods from this sole cause. Country villages, in which, as it would seem, almost necessarily, their wells and cisterns are in dangerous proximity to the deposits of every species of excrement, are particularly liable to these epidemic scourges. For this, the only remedy is in building-lots so large that the stables and privies may be removed to a safe distance beyond the water-drainage of the wells and cisterns. Care, in this respect, would save, annually, many thousands of lives.

It goes, almost without saying, then, that, in building or selecting a house, for your family residence, you should have the necessary cess-pit as far from it as con-

venience will permit; taking care, of course, that it is not so near the deposits of your neighbor's filth, as to render it liable to a similar danger. The well or cistern should never be sunk within a distance of five times its own depth from any deposit of impurity.

Dampness—Even the smallest and poorest dwellings should have a cellar, which is well ventilated and kept as free from moisture as possible. Dampness promotes the growth of moulds, and is a powerful means of inducing and propagating disease. "The constant condition," says a learned physician, "according to all my observation, of diphtheria, is structural dampness of houses." He continues, "Remember, always, that if cholera, cholera infantum, diarrhea or dysentery appear in your family without obvious cause, *the chances are at least two to one, that there is something wrong with the water-supply, or the milk-supply, or the drainage of your house.*"

The bedrooms of a dwelling should be large, airy and supplied with abundance of fresh air. The immediate removal of soiled linen and all excrements, either liquid or solid, should be strictly enforced. These things are particularly important with children, because their lungs, stomach, etc., are much more susceptible than those of adults. It is well to observe, for the guidance of those who may read these pages, that many of the dark-green paper-hangings are composed largely of arsenic, and that the exhalations, from walls hung in this style, are highly dangerous.

It is unnecessary to repeat, that every new house, or newly plastered house, should be allowed ample time to dry, before it is occupied.

It may be said with some show of reason that it is absurd to talk to, or to write for, a man as to his house

and its surroundings, who lives in a tumble-down cottage at the outskirts of a low-lying village, or occupies a tenement among the foul courts and alleys that exist in parts of our populous towns and cities. Dirt and disease usually accompany each other, and under some circumstances the extinction of the one, and the diminution of the other, is said to be a physical impossibility. If, however, a man's house be his castle in any sort of way, he may and can accomplish something within, though he may have, in cities and towns, little or no control over the surroundings.

Other Matters—The air of the living and sleeping rooms can be kept comparatively, if not positively, pure by leaving a window sash partially open, and by keeping the chimney-shaft constantly clear, whether there be a fire in the grate or fire-place, or not. Water is usually plentiful, and there need be no practical difficulty in keeping floors clean. They should be washed on a dry day, and all the windows, as well as the door, freely opened during and after the operation. The expenditure of a very few nickels will buy sufficient linewash to coat walls and ceilings at frequent intervals, say as often as every six months. Whether the closet or privy is shared with others or not, it will be an advantage to see that it is not blocked, that it is washed regularly, that floor and seat are kept clean, that its walls are linewashed at least as often as those of the house within, and that, if any window exist, it is kept open as constantly as possible. With this, as indeed with all other windows, it is a good plan to nail a piece of wood along the top edge of the window slanting inwards, so that, when the top sash is open, the air from without is directed upwards, and so a draught is prevented. The ash-heap is a source of nuisance. Foul smells may, however, be, in great measure,

avoided if nothing but ashes are thrown into ash-piles in a town. Potato parings, cabbage stalks, and other vegetable refuse should be burnt.

Water—It is frequently difficult to secure water fit for cooking and drinking purposes, even if the supply be fairly abundant, because the cisterns, casks, etc., in which the day's supply is collected, are very badly built, or very badly kept. Whether the supply be stored in cistern or tank, or any other receptacle, see that it is emptied and thoroughly scrubbed at least once a quarter. If it can be limewashed at the same time, so much the better. Remember the necessity of keeping these water receptacles covered, so as to prevent, as far as possible, the thousand and one impurities that exist in the air of towns from finding their way into, and polluting the water after it has reached the receptacle from the main pipe. If the drinking-water has any taste or smell, or is at all thick in appearance, boil it always before drinking. If a filter be needed, buy two pounds of animal charcoal, and clean it by pouring on to it some boiling water. Dr. Parkes' cottage filters may then be thus prepared. He says, "Get a common earthenware flower-pot, and cover the hole with a bit of zinc gauze, or of clean-washed flannel, which requires changing from time to time; then put into the pot about three inches of gravel, and above that the same amount of white sand washed very clean. Four inches of charcoal constitute the last layer, and the water should be poured in at the top, and be received from the hole at the bottom into a large vessel. The charcoal will, from time to time, become clogged, and must then be cleaned by heating over the fire in a shovel. The sand and gravel should also be cleaned or renewed from time to time." This very simple and cheap filter, kept in constant use, and the boiling of all

suspicious water, will render us tolerably safe from water-propagated diseases, among which typhoid fever, cholera, and dysentery are pre-eminent.

If the washing is done at home, great efforts should be made to accomplish it when the head of the house is away at his business, and the children are at school. The work is at all times specially disagreeable to those not immediately engaged in it, and the damp air resulting from the hanging up of clothes to dry in an inhabited room is bad and unhealthy for the occupants in every way.

Bedrooms—In proportion as bedrooms are limited in size, so must the importance of keeping that space as clear as possible be carefully considered. All bed-hangings, curtains, and clothes, occupy spaces that had better be filled with air, make the room itself musty, and help to collect and store up dust and dirt, as well as fleas and other still more objectionable insects. Hence, if one is compelled to live in a crowded locality, with little room-space, health will be best maintained by doing with as few hanging things as possible. Plain bedsteads and straw mattresses, with no bed-curtains and very little carpet, should be used. In fact, the bedroom should contain nothing that is not absolutely necessary. It should be remembered that, in the matter of space, if there are but two rooms, it is better, as a rule, to make a bedroom of the larger, though the reverse is generally done. If, instead of gas, a coal or other kind of oil lamp be used, it should be borne in mind that the commoner kinds of oil, *i.e.*, those that smell disagreeably, are not only extravagant but unhealthy. On the score of health, as well as of comfort, lamps of all kinds should be kept very clean.

Bad Habits—In rural districts, the surroundings

of the habitation, however humble it may be, have to be considered, as well as the house itself. And here it is astonishing how much is often done by the occupier (unintentionally, or rather carelessly) to render the immediate vicinity of his dwelling-place unwholesome and favorable to the development of disease. In how many cases, in villages and around detached houses, is it the prevailing custom to throw all slops and refuse immediately outside the back door, so that a heap of decomposing organic matter and a pool of dirty water collect and remain from one year's end to the other? The children play about and inhale the unwholesome vapors; the pigs, fowls, ducks, and geese take their pickings at leisure; and the doorstep is a disagreeable, and often a dangerous spot, although, by the way, few of those interested appear to be aware of the fact. To avoid this evil, a fair-sized tub should be provided, into which all slop-water should be thrown, and when the tub is full, its contents should be scattered over the garden, where it will assist fertilization.

Provision should be made for the exclusion of wet, and for the entrance of fresh air into the privy-pit during all seasons of the year; also for the prevention of soakage from it into the ground; and the contents should be regularly removed at frequent intervals, and used as suggested. Comfort as well as health is promoted by insisting upon habits of cleanliness and decency in the use of such places, for their condition in many hamlets, and about solitary farmhouses, is often excessively disgusting. Earth-closets have been successfully adopted in many districts, and if they are carefully superintended, and only fine dry earth is chosen, they may be confidently recommended.

Insufficient Water—Many in rural districts are

dependent solely on small streams in the neighborhood, which dry up in the summer, and are in numerous cases fouled by privies, slop-water, or other varieties of sewage. The water of ponds is sometimes used, and many houses have a shallow well near the house, and often at a lower level, so that sewage, slop-water, and other refuse soak into it. These things should be remedied by properly constructed cisterns. If it is absolutely necessary to keep water for any number of hours in the house, do not let it remain in the bucket, but keep for the purpose, a large glazed earthenware jar with a cover, or a covered stone jar, and clean it out thoroughly at frequent intervals. It is better not to use any sort of metallic pails for drawing the water, but to keep to the old wooden bucket, and great care should be taken that this bucket is not used for any other purpose than that of drawing water from the well.

Basements—A large proportion of houses still exist in this country that have no proper basement, but are built simply on the ground. As a natural consequence, when damp exists, the floorings rot, the walls are often more or less wet and sometimes dripping with water, and ague and diarrhea, rheumatism, etc., are the results. If, therefore, the cottage has no proper foundation, use all possible means to obtain a clear space between the earth beneath and the flooring of the rooms above. If the earth cannot be scooped out from below, raise the floor a few inches, and leave openings in the walls here and there, so that this space under the floor may have free communication with the outer air. By adopting this simple plan, the woodwork will be preserved, the house kept dry from beneath, and much sickness saved. The openings should be protected by some sort of grating, and had better be opposite each

other. But any apertures, however rough, are better than none at all.

The foregoing remarks are intended only for the use of those compelled to live in tenements in towns, or in rented houses in country districts. And, in such cases, it cannot be expected that the tenant will have much power or control over the construction of, or arrangements around, his dwelling-place. But even under these circumstances, individual energy and forethought may accomplish a great deal.

Soil—Soil is both an air-carrier and a water-carrier, and it contains a great variety of solid matters. As regards air, carbonic acid gas is found in all porous soils, arising chiefly from the oxydation of organic matter. Gases of all kinds will find their way through the soil. Houses act as suckers to the ground on which they are built, because the air inside is warmer than the external atmosphere, and so sewer-gas, coal-gas, and indeed any other gaseous matter, may be drawn from the earth below into our habitations, and take the place of pure air. Foul air from cesspools has been sucked into houses from a great distance. The late Dr. Parkes attributed to emanations from the soil attacks of cholera, dysentery, paroxysmal fevers, typhoid, and various forms of remittent fever.

The amount of surface as well as of so-called ground water in the soil is of importance. Nearly all land has a current of water flowing under it, at a varying depth, and it may be stated broadly that the greater the depth of this ground water, the more healthy is the site. But as a matter of health, it is of greater consequence to attend to the surface water. Surface water collects chiefly on clay soils, or is stopped by a clay stratum, and rises, causing a moist surface. Inquiries instituted in England

by the medical officer of the Privy Council, and conducted by Dr. Buchanan, went to prove that the prevalence of pulmonary consumption is in proportion to the dampness of the soil. Who shall say after this result that consumption is not a preventable disease?

The sum of the matter as to soils, then, is this. Unless in California, or some other equally dry climate, avoid "made ground" always if possible, but if this cannot be done, take care that the ground has been "made" at least two years, and the longer the better. When it is not a question of made ground, endeavor to choose a site with as little tendency to retain surface water as possible, with a deep run of ground-water. These conditions, of course, indicate an avoidance of all clay soils, which are invariably damp and unwholesome, and of alluvial soils also, which, though porous, are mostly wet, and as a consequence more or less malarious. Gravel, the looser limestone formations, chalk, and, in some cases, loose sand with permeable sub-soil, are, in a sanitary sense, the best soils for residence locations. If, as will frequently happen, clay cannot be avoided, it is specially necessary to insist upon good trenching round the house, an impervious drainage system with steep grades, and foundations built up with cement or concrete.

It must not be forgotten, however, that the best soils may be speedily fouled by imperfect drainage. A loose brick, careless laying of pipe sewers, insufficient cementing, and, in fact, any sort of bad workmanship under the house, will, in much less time than is generally imagined, so foul the surface soil around the house that the ground may be aptly compared to a big sponge saturated with sewage. It may be remarked as regards the power of retaining heat that (according to Schuebler), sand with

some lime (speaking comparatively) retains the most, and fine chalk the least heat.

Situation—Few of our readers may be in a position to choose the situation of their dwelling-place, but some hints may be useful, even if all cannot be acted upon. In a rural or suburban district it is frequently possible to secure a detached house. The slope of a hill is, perhaps, the very best situation, with trees in the immediate vicinity, but not close up to the house walls. The principal rooms should face south and east, or, as the next alternative south and west, care being taken that any neighboring houses built above the level of your own do not drain into your domain. In semi-detached houses, it is necessary to keep an eye on the sanitary arrangements of our neighbor, and it will be well if, in such matters, you can arrange to work together. As, however, sloping ground cannot be always secured, it is advisable that a house built on level or comparatively level ground should not, especially if low-lying, be situated close to a watercourse of any sort, for moist air is, as a matter of course, to be avoided. For purposes of health, flat grounds can hardly, under any circumstances, be overdrained. It is well to shun the close neighborhood of factories or mills, which even in rural districts often, and in many cases unavoidably, assist the pollution of the atmosphere as well as of the water in their vicinity. Above all things, in choosing a site, ascertain, first of all, that the supply of water is both good and abundant. In city districts, particularly those that are densely populated, sanitary arrangements with neighbors are difficult, if not impracticable. Avoid, under all circumstances, houses that are built back to back, and avoid unfinished suburbs, because the lighting, paving, drainage, and other matters are usually incomplete, and often dangerous.

Open spaces should, under any circumstances, always exist at the back, and it is hardly necessary to remark that the shorter continuous rows of houses are the better. A garden, whether in town or country, is of course always advantageous. We may sum up the question of situation by saying, get as much air and light as possible, with an abundant supply of good water.

Construction—The external walls of houses are comparatively seldom built with requisite care, and an old enemy, damp, speedily attacks us. If there be an opportunity of looking after the building of the house, see that the foundations, and some feet beyond them, are laid in concrete. The basement story should be isolated from the surrounding ground by an open space, and, in order to prevent the admission of underground damp, a thin outer wall should be built, reaching the ground level, and leaving a space between it and the main wall. The porous nature of bricks is very great, and Pettenkofer, one of the most distinguished German hygienists, has demonstrated the possibility of blowing out a candle through a nine-inch brick wall.

Walls should be built double, with an interspace, strengthened occasionally by cross-ties of bricks. This will prevent to a great extent the bad results that follow from a driving rain, but it is always well to cover the outer walls with plaster or slate. It is very important to put ventilating bricks at frequent intervals just below the level of every floor, so that the joists and other woodwork of both floor and ceiling shall be preserved from damp rot by continuous ventilation from without.

The style of architecture need not be discussed here, but it is necessary to remind the reader of the following points: 1. That light (and therefore plenty of window space) is essential to health; 2. That windows should, for

purposes of ventilation as well as cheerfulness, reach almost to the top of the room, should face the south, southeast, or west, and open top and bottom; 3. That no sleeping room should exist in the basement. These are all important points in house construction. But to plan and build in a sanitary sense successfully, drainage, water-supply, and ventilation, must be all considered separately and collectively. The chief error of house-building (as of ship-building), even in the present day, consists in the fact, that the house is built first, and rendered fit for habitation afterwards; that is to say, drains are put in here, ventilating shafts there, and outlet or inlet pipes anywhere, the result being, as a rule, by no means satisfactory. The size of bed-rooms must of course be governed by circumstances. Make them as large as practicable, but remember that each person should have, for purposes of health, at least 500 cubic feet of air, and as much more as can be given.

Danger of New Houses—One of the many errors which people who build houses are apt to commit is that of living in them, or rather dying in them, before they are sufficiently dry for occupation. It not unfrequently happens that a man, disgusted with the defective sanitary arrangements of the generality of houses, ancient and modern, builds a dwelling for himself and his family, constructed with all the latest improvements, and in his extreme anxiety to commence a career of longevity rushes into it before the workmen are out of it, and while the walls are still saturated with moisture. The consequences are, as might have been expected: in addition to the architect's charges, the rash owner is called upon to pay within the first few months a further bill to the doctor, and too often to the undertaker also. A house agent, not long ago, being asked why the house agency business

was so commonly combined with that of the undertaker, grimly replied that the two "went together;" and, on being asked for a further explanation, stated that he had found, as an almost invariable rule, that when, as a house agent, he found a tenant for a newly-built house, he was applied to as an undertaker on behalf of that tenant or some member of his family within a twelve-month from the date of occupation. He added, that he himself (the house agent) would be sorry to live in any house "that had not been baked by six summer suns." Whether this amount of baking is absolutely required is a question for doctors and architects to decide; but there can be no doubt whatever that a want of caution in this respect leads occasionally to the most lamentable consequences. An instance in point will be found in the case of Peabody's Buildings, mentioned in the annual report of the medical officer of health for Southwark, England, lately printed. It seems that these buildings have a death-rate of $23\frac{1}{2}$ in 1,000 persons living, or 1 in 43. In other metropolitan model buildings the death-rate only averages 17 per 1,000. The less favorable state of health prevailing in Peabody's Buildings is attributed to their being too soon occupied after construction, many of the ground floors having been found to be still very damp some months after the buildings were inhabited.

We have purposely made these introductory observations as practical as they are brief. While it is true that not many of us can control the situation and all the surroundings of our dwellings, yet we can all do something, and surely we are bound to do all that we can, towards mitigating, if we cannot utterly remove, those baleful influences of disease and death by which so many families, in this country, are surrounded.

DIVISION SECOND.

ACCIDENTS AND EMERGENCIES.

SNAKE BITES.

Deadly snakes are generally distinguishable by the *thinness* of the neck, immediately behind the head, and by their having only two teeth in the upper jaw.

Remedies—The first object to be attempted is arrest of the circulation of the poison. A handkerchief, rope, or anything else to serve the purpose, should be tied tightly round the limb, between the wound and the heart. While this is being done, if possible a second person should extract the poison as suggested in the next paragraph.

2. The wound should be sucked with all the force the patient can command; or if unable to do it himself, an attendant should do it for him. No danger attaches to the person thus sucking the wound so long as the poison does not come in contact with any *abraded* or raw surface of the mouth, or other part of the body.

3. Alcohol, in any of its forms, brandy, whisky, gin, etc., should be drunk largely by the patient. Let him drink it freely, a gill or more at a time, once in fifteen to twenty minutes (or small doses oftener), until some

symptoms of intoxication are experienced. It is remarkable how much alcohol a patient suffering from the poison of the rattlesnake will bear. A little girl of ten years, who had been bitten by a rattlesnake, took over three quarts of good strong whisky in less than a day, when but slight symptoms of intoxication were produced. She recovered from these symptoms in a few hours, and suffered no more from the poison of the serpent. Instances of cures with whisky are numerous.

4. Salaratus, moistened and bound on the bite; then dissolve more, and keep the parts wet with it for a few hours. Also take a tablespoonful of salaratus-water every hour, internally, until five or six doses have been taken. *This has not, as yet, been known to fail to cure the bite of snakes.* If any considerable time has elapsed after the bite, and before the application has been made, a small incision of the flesh should be made with a knife across the wound, in order, the more readily, to admit the solution into the wound.

5. Lard is also a superior remedy. Bind it on the wound; take a tablespoonful every half hour, in a liquid state, until six or eight doses have been taken.

6. Black Snakeroot (*Sanicle*) is employed by the Indians as a *certain* cure for snake-bites. It is to be taken freely in decoction, and, at the same time, the parts are to be bathed with it.

7. The juice of the fresh leaves of the Plantain if taken in teaspoonful doses every hour, and the leaves bruised and applied to the wound will not only cure snake-bites, but those of spiders, and other poisonous insects.

8. Soft Clay Mud, applied to the wound, is another good remedy, and has been known to cure.

Snake-Bitten Cattle—Cattle or horses are usually

bitten in the feet. When this is the case, all that is necessary to do is, to drive them into a mud-hole and keep them there for a few hours. If upon the nose, bind the mud upon the place in such a manner as not to interfere with their breathing.

Tarantulas and Scorpions—Bites of these are to be treated the same as snake-bites. Salaratus is especially good for them.

Carbolic acid, applied locally, and administered internally, is recommended in cases of poisoned wounds; and according to the following experiments of P. O'Connell D'Oyle, assistant-surgeon R. N., would seem to offer the most favorable prospect of success:

“During the Niger expedition of 1868,” writes the above named gentleman, “being in medical charge of H. M. S. *Investigator*, and having to pass through a hostile country, where poisoned arrows and spears were the principal offensive weapons, I procured several freshly-poisoned arrows, and taking some fowls, I stripped the feathers from their thighs, and ran the heads of the arrows through their most fleshy part. The arrow was allowed to remain in the wound rather more than one minute—in some instances as long as ninety seconds. As I withdrew the arrow I poured liquefied, undiluted carbolic acid into the wound, taking especial care to make it come into contact with every portion of it. A small bandage was now applied over the wound, and the fowls isolated. On one-half of the fowls inoculated no carbolic acid was used, and I found every one of these die in a space of time varying from one to twelve minutes. On the other hand, those I used the acid with lived, and seemed not to suffer from the effects of the poison, although a great deal of discoloration was visible around the wound for several days. This gradually disappeared.”

STING OF INSECTS.

To Alleviate the Pain Occasioned by the Sting of Gnats—The disagreeable itching, occasioned by the sting of these insects, may be removed by spirits of ammonia, or immediately rubbing and washing the part affected with salt water.

At night, to rub with fuller's earth and water, lessens the inflammation.

Spider-Bite—Catnip or plantain leaf, bruised and applied to the wound, is a *prompt and effectual remedy*, for the cure of the bite of spiders and other insects. Teaspoonful doses of the juice of the latter, repeated every hour, should be taken at the same time.

Mosquitoes—These may be prevented from troubling in the night, by taking the precaution of rubbing a little soap on the hands before going to rest. This is said to be a certain remedy. Honey is also good, but from its sticky nature is more disagreeable than the soap. Dilute carbolic acid is, however, the most sure protection from insect irritation. The hands, face, and other exposed parts, should be washed with a weak solution once or twice daily. The application of lemon juice will also afford relief.

Flea-Bites—It is said that indigo, moistened and applied, will give immediate relief in the bites of these little pests; or, wet the "bluing sack" and apply it. Soda, moistened and applied, is also good.

Sting of a Nettle—Rub the part affected with balm, rosemary, mint, or any other aromatic herb, and the smart will soon cease. Sage-leaves are also efficacious.

Bee, Hornet, etc.—1. When this occurs from a bee, wasp, hornet, or other insect, bathe and bind on the parts, a strong solution of equal parts of salt and baking

powder or saleratus. This will immediately arrest the swelling, and relieve the pain.

2. The common onion is another remedy for the same purpose. A piece is to be cut off, and at once placed on the wound. Dr. Hill uses no other remedy than this for stings, etc.; if the pieces of onion are changed every few minutes, the pain, he says, diminishes immediately.

3. Two or three folds of woolen flannel, dipped in hot lard, will very promptly remove the pain and swelling occasioned by the bite of these insects.

If the above remedies are not at hand, make a thin mortar of clay-earth, and apply.

Accessory Measures—If a wasp or other stinging-insect be the cause of the trouble, examination must be made for the sting, as this is often left in the wound; if present, it must be carefully extracted by the fingers or by a pair of fine-pointed forceps. If the sting has entered the skin perpendicularly, the pressure of a small key may be used; the center of the hole should be placed over the wound, enclosing it, and sufficient pressure should be used, when, probably, the sting will be squeezed out. The wound should then be well sucked to extract the venom.

LOCK-JAW.

Sometimes this disease arises without any previous injury, more especially in warm climates, and near the sea. Robust, vigorous, middle-aged men are more liable to it than others.

In the majority of cases lock-jaw comes in consequence of stabs and punctures in tendinous parts, and about the fingers and toes; and this frequently when the wound heals kindly.

Symptoms—The muscles of the lower jaw become contracted and hard: at length the patient cannot open the mouth at all. A difficulty of swallowing succeeds, resembling hydrophobia. The muscles of the neck and back, and, indeed, of the whole body, become successively affected with violent spasms. The symptoms are sometimes rapid, at others slow in their progress. If the patient survives the fourth day, there is a chance of his recovery.

Remedies—1. Moisten a paper of fine-cut tobacco, and apply to the stomach. If plug tobacco is used, it should be first softened by warm water, before it is applied. It relaxes the muscles, produces vomiting, and thus relieves the patient. This simple remedy has saved many patients, when they were considered beyond the hope of recovery. It is regarded as infallible.

2. The speedy application of the spirits of turpentine, to the face and neck and along the spine, will often give great relief. Also, pour a small quantity of warm turpentine into the wound. This will serve to relieve the spasms, and thereby cure the patient.

3. Many Eclectic physicians regard the tinctures of lobelia and Cayenne pepper combined as *one of the safest and best* remedies in use for the cure of lock-jaw. Equal parts of them are to be given, in doses of a half teaspoonful each. Repeat every fifteen minutes, until relaxation is produced. •

As the jaws are set, and the teeth closed, the best way of getting the medicine down, is to hold the cheek, at the corner of the mouth, loose from the teeth, and

then pour the medicine from a spoon, between the teeth and cheek, and it will immediately find its way to the throat, and afford relief.

Accessory Treatment—The patient should be kept in a dark room, free from noise or excitement, and his strength must be sustained by strong tea or broth of meats, administering them by injection if he cannot swallow. The injured part must have a discharge kept up from it; and, in obstinate cases, means should be used to keep up a moderate degree of perspiration.

To Prevent Lock-jaw—1. Pour some turpentine into a tin cup, and hold it over a lighted candle, or the fire, until it boils. It boils at so low a temperature, that it will not burn when applied to the skin. Make a swab, by wrapping soft muslin or linen round a stick. Dip this in the turpentine, and apply it to the wound, rubbing it in carefully for some time. Apply it as warm as can be borne.

2. The following is another very effective means for the same purpose: Make a strong lye, from ashes, and apply as warm as can be borne. This will prevent it even when there are strong symptoms of its approach. When the wound is upon a limb, immerse it in the lye; if upon the body, apply it by means of flannel cloths. This remedy has even been known to *cure* cases of lock-jaw. A captain of a vessel was cured of a severe attack of lock-jaw, by bathing the part in lye as hot as could be borne.

Nail in the Foot—To obtain relief from the terrible effects which sometimes take place from running a nail into the foot, take peach leaves, bruise them and apply to the wound. Confine them in their place by a bandage, and the cure is accomplished. Renew the application twice a day, if necessary; but one application is generally sufficient. Both men

and animals have been cured in a few hours, when they were apparently on the point of having the lock-jaw.

BURNS AND SCALDS.

Remedies—1. A liniment, composed of equal parts of lime-water and linseed oil, is a *superior* application for burns. The lime-water alone is *excellent*. 2. Dissolve two ounces of alum in one pint of hot water, saturate cotton cloths with this solution, and keep the burn well wrapped in them. The pain will *quickly* cease, and the process of healing will soon commence. 3. Some consider hot water the best application for a burn. Apply several thicknesses of old linen or muslin, wet with hot water. Let it be saturated afresh every fifteen minutes, without lifting the cloth from the surface of the burn, or exposing it to the cold air, until the painful burning sensation ceases. Then let it simply be kept moist or wet, until the part is well. Care should be taken, from the time of the first application, not to let the affected part be, for one moment, exposed to the air. 4. The following are each good remedies: Tea leaves, steeped and applied; the white of an egg, applied by means of a brush, or wisp of old muslin. As soon as the first layer dries, another should be put on. 5. Common table salt is another good application, when the skin is not broken. 6. A lather of soap, from the shaving cup, applied by a brush, is often followed by immediate relief.

When the clothing of persons catches fire, throw them on the ground and roll them in a carpet-rug or bed-quilt to extinguish the flame. If these articles are not at hand, then take your coat and use it instead. Begin the wrapping at the neck and shoulders, so as to keep the flame,

as much as possible, from the face and throat. For an extensive burn or scald, there is, perhaps, *no better remedy* than pure hogs' lard. If you have not the pure article, it can be prepared in the following manner: Take a cupful of the best lard and put it in a vessel of hot water, boil a few moments, stirring at the same time, until all the salt and alum that were put in to bleach it have been washed out. Then allow it to cool until the floating lard hardens; then collect it and put it in a bowl, which, in turn, is placed in a vessel of hot water on the stove, and kept there until the water in the bowl has been driven off. The bowl of lard is heated by surrounding water to prevent cooling. It can then be put away in suitable vessels, until required for use. Apply once a day.

Kerosene Oil for Burns—This remedy is now being extensively used for this purpose, and producing the best of results, though there are occasional cases where the texture of the skin of the individual is such that this remedy is not well adapted to him; yet this seldom occurs.

A New and Favorite Remedy—Cosmoline is a new and important remedy for burns and scalds. In severe cases, the following method of procedure should be adopted: To a quart of warm water, add a paper of cooking soda. Wring out of this old cotton cloths, and apply to the burnt or scalded surface. Continue their application for two or three hours, frequently changing the outside cloths. This will soon relieve the pain. After having used this as above directed, take pieces of old linen or cotton, and, after first wringing them out of warm water, spread on them the cosmoline, with a knife, until the cloths are entirely covered with it, and apply to the burnt surface, the other applications being re-

moved, and cover all again with damp cloths of several thicknesses. Or, what would probably be better, after covering the cosmoline with one thickness of cloth, wrap the entire dressing with raw cotton, to exclude the air. The cotton should be kept on until the parts are healed. If the weather is very warm, the cosmoline dressing should be renewed twice a day; otherwise, every other day will be sufficient. This remedy is reputed to be unsurpassed for the cure of burns and scalds.

The above are among the better remedies, commonly employed for the cure of burns and scalds. We present a large number of them, from the fact that it often happens that one remedy is at hand and ready for use, whilst the others cannot be procured without difficulty, or the loss of much valuable time. See p. 454, vol. ii.

FAINTING-FIT.

This is a loss of volition and muscular power, with partial or complete loss of consciousness, due to defective nervous power.

Causes—*Debility*, from constitutional tendencies, or from loss of blood, or other animal fluids; emotional disturbances—fright, sudden joy or grief, hysteria, etc. Many persons faint on seeing blood, or a wound.

Treatment—Always immediately place the patient in a horizontal position, with his head as low as, or even lower than, the body. If you leave the patient sitting up, or even with a pillow under his head, he may die. If he is sitting in a chair, a good plan is to always tip him right over back in his chair, on the floor. Usually, by the time his head reaches the floor, he will

be revived. Remove everything tight from around the neck and body. Sprinkle a handful of cold water over the face, neck, and chest, wipe it off, rub the limbs with your hands, and slap the surface of the skin with the open hands. Let the patient smell of camphor, and give a drop of it in a few drops of water. Admit fresh air freely.

In choking, and fainting of every kind, the immersion of the feet in warm water will restore the patient.

Some people manifest a strong disposition to faint. In such cases, a few drops of the spirits of camphor, will give very speedy relief.

In lifting or moving a person when in a fainting condition, always keep the head lower than the body.

VOMITING SICKNESS (Vomitus).

Causes—Improper food, or too large a quantity; a disordered condition of the digestive functions; pregnancy; disease or irritation in other organs, as the brain, kidneys, uterus, etc.; cancer or ulcer of the stomach; mechanical obstruction of any part of the intestinal canal; morbid states of the blood. It also occurs in most of the eruptive fevers.

Remedies—1. Ordinary cases of vomiting can be cured, by giving the patient cinnamon-bark tea, every five or ten minutes.

2. Bruise peach leaves and add cold water to them. Give this occasionally as a drink. Frequently one draught is sufficient to check the vomiting.

3. Severe vomiting is often checked by placing a mustard-poultice over the pit of the stomach.

4. When no other remedy is at hand, prepare the

following: Take a quantity of oat or corn meal, parch it perfectly brown, then make coffee of it, and give to the patient to drink, every few minutes. Obstinate vomiting will usually yield to this. It is especially valuable in cholera morbus.

5. The following is well adapted to the more inveterate cases of this difficulty: Take lime, slacked or unslacked, one-half ounce; white sugar, two ounces; water, one-half pint. Mix and let stand two hours. Pour off the clear liquor, and to this add two-thirds, teacupful of milk. This will be kept on the stomach when nothing else will be retained.

It should be given, in tablespoonful doses, every twenty or thirty minutes. It should be remembered, that the addition of a teaspoonful of cooking soda to every quart of milk, not only prevents it from becoming sour, but renders it much more digestible.

6. For vomiting, in "Morning Sickness," see the article under that head.

Accessory Means—Small pieces of ice placed on the tongue are very grateful, and tend to allay the sickness. The diet should be simple, nourishing, and non-irritating. Beef tea is, probably, most suitable, and may be given every one to three hours, in small quantities, till other food can be borne. In many cases soda-water and milk, in equal proportions, given in small quantities, freshly mixed, can be retained and digested. The stomach will often retain bland liquid diet when it would reject any other.

POISON VINE, POISON OAK, AND POISON SUMACH.

Remedies—1. Mix a small quantity of starch with

glycerine, sufficient to form a thick paste, and apply to the poisoned parts. One application is generally sufficient to effect a cure. If not, it may be repeated on the following morning. I have never known this to fail to effect a speedy cure. Before this application is made, bathe the parts in very hot water, just near enough the boiling point not to scald the flesh.

2. But, as this remedy may not always be at hand, I will give others: Baking soda, or common washing soda, will remove this difficulty. Add sufficient water to it to form a paste, and apply thoroughly once or twice a day to the part poisoned. It will usually kill it in from two to four days.

3. An application of Blue Vitriol is recommended as an effective remedy. It is made by adding one-half teaspoonful of the vitriol, to two-thirds of a teacupful of water.

4. Sweet oil is regarded as an antidote to this, as well as most other vegetable and animal poisons. Though it may not act so promptly as some others, yet it may be relied on. It is to be taken freely, two to four table-spoonfuls, every two hours during the day, until a pint has been taken; and, at the same time, apply it externally, and cover the parts with thin muslin.

5. The following is from Prof. Bundy, of Oakland, Cal., in which State poisoning is a very frequent occurrence from poison oak: "Take, of the fluid extract of *Grindelia Robusta*, 2 drachms; glycerine, 2 ounces. Mix. Apply to the affected part, three or four times daily. This is a new remedy, and is a specific for the poison oak poisoning; in fact, so much so, that no other treatment need be mentioned; but, as it may not always be obtainable, I will give another: A strong solution of borax, frequently applied, is, perhaps, next equal in efficacy to the *Grindelia*."

CRAMP IN THE STOMACH.

Symptoms—Severe, pinching, gnawing, or contractive pains in the stomach, generally occurring after taking food.

Causes — Highly-seasoned or indigestible food; stimulants, coffee, and tobacco; long fasting; exposure to cold or damp, etc. It is usually but a symptom of indigestion.

Remedies—1. Most forms of this difficulty can be effectually cured in a few minutes, by very simple means: Take a teacupful of hot water, and add to it a heaping tablespoonful of sugar. Drink it as hot as possible. In some cases it may be necessary to repeat the dose in twenty or thirty minutes; but it is seldom that more than one will be needed. A strong decoction of prickly ash berries, when they can be procured, will usually afford relief.

2. Another means is to place a mustard poultice on the stomach, and let it remain until considerable redness is produced. Then follow this with a hot fomentation of hops or tansy.

3. If a patient is so situated, at any time, where no remedies can be procured, he should immediately apply friction over the stomach. This rubbing should be continued until a high degree of heat is produced, and it will often afford effectual relief.

4. Very popular remedies, in the country, are mint tea, essence of peppermint, or a weak tea of Cayenne pepper.

Accessory Treatment—In severe cases, two or three folds of flannel, wrung out of hot water, and applied as hot as can be borne; in mild cases, warmed dry flannels.

The patient should shun all articles which excite attacks

of the disease, and live on plain, easily digested food, spend his time in the fresh air and sunlight, and take regular, active exercise.

POISONS AND THEIR ANTIDOTES.

When poison has been taken, the first thing to be done is to excite vomiting. Then some remedy may be given which will neutralize or destroy the action of the poison.

Vomiting can generally be produced by drinking a large quantity of tepid water, and then tickling the throat with the finger or a feather. If this fails, a teaspoonful of powdered *mustard* in a glass of warm water may be given, or half a teaspoonful of *ippecac*, or twenty grains of *sulphate of zinc*, or *blue vitriol*, may be given. Generally the tepid water and tickling the throat will be sufficient, if the patient drinks rapidly all he can. Where a stomach-pump is at hand, employ it in the first instance.

Poisons which Occasion Vomiting—As a general rule, after poisons that cause vomiting, pain in the bowels, and purging, give chalk, magnesia, fresh milk, the whites of eggs, sweet oil, or any other oil or butter. After poisons that produce sleepiness or delirium, give emetics and stimulants, such as camphor and strong coffee, and keep the patient awake. When it is not known what the poison is, give magnesia, chalk or charcoal, equal parts, mixed in warm water; also, sweet oil.

Arsenic—When a person has taken arsenic, he soon perceives a burning heat and a violent pricking pain in his stomach and bowels, an intolerable thirst, and an inclination to vomit. The tongue and throat feel rough and dry; and, if proper help be not soon administered, the patient is seized with great anxiety, hiccoughing,

faintings, and coldness of the extremities. To these succeed black vomits, fetid stools, with a mortification of the stomach and intestines, which are the immediate fore-runners of death.

Antidotes—1. Excite vomiting as soon as possible, by any of the above measures, also give warm milk, equal parts of sweet oil or the white of eggs. Either of the above articles, or any two of them, should be given as soon as possible, in connection with the measures to excite vomiting, and should be repeated occasionally afterward.

2. Another good antidote is to take a rusty piece of iron, wash the rust off, and give it to the patient.

Tartar-Emetic (*Antimony*)—Give tannic acid; or a strong decoction of green tea; or of oak bark. It will not be necessary to give the mustard, or any other emetic, as the antimony will produce sufficient vomiting. Promote vomiting by giving freely of warm water and sugar, etc.

Antimony—Give the same antidotes as for tartar emetic, as it is the same drug.

Corrosive Sublimate, Verdigris and Lunar Caustic—Among the symptoms from taking verdigris, lunar caustic and corrosive sublimate, will be noticed the following: The tongue becomes dry and parched, while if there is not severe vomiting there will be fruitless efforts to vomit. There will be frequent black stools which will usually be bloody. The breathing difficult, while the headache is intense.

Verdigris (*Copper*)—Poisoning by copper is rare, yet occasionally a case is met with where it is accidental, as by getting the verdigris off of old copper. The symptoms are headache, cutting pain in the bowels, cramps in the legs and thighs, the pulse being small, quick and feeble.

The Corrosive Sublimate—Mix the whites of a dozen eggs, with two pints of cold water, and give a glassful of the mixture every two minutes till the stomach can contain no more. If there are not eggs enough at hand, make up the deficiency with milk. Flour, mixed with water, is a good remedy. Use the stomach-pump, if it is at hand.

Lunar Caustic—Used in hair dyes and indelible ink. The antidote for this violent poison is common salt, which acts promptly and efficiently. A strong brine should be swallowed as soon as possible, and afterward milk and castor or sweet oil.

Nitrate of Silver—This is the *lunar caustic*, the same as the above.

Strychnine—The first symptoms are a feeling of weight and weakness in the limbs, with unnatural rigidity or slight spasms, when motion is attempted. When its effects are fully developed, there is frequently recurring spasms, the entire body being convulsed, and the person suffering intense pain. These continue to increase in frequency and intensity, until it would seem impossible for the sufferer to live, and, finally, death ends his misery.

Antidotes—Give freely of any fatty matter, sweet oil, lard, lard-oil, etc., a pint at a time, and have it vomited each time by passing the finger down the throat. After repeating this two or three times, give equal parts of tincture of camphor and gelseminum, in teaspoonful doses, every half hour.

Matches—Children sometimes eat phosphorus from the ends of matches, and are poisoned. For antidotes, see “Phosphorus.”

Oil of Savin—This substance in large doses inflames the stomach and bowels. Give olive oil in tablespoonful doses, and empty the stomach with emetics.

Iodine and Iodide of Potassium—Give starch or wheat flour, mixed with water.

Sugar of Lead—Excite vomiting with ground mustard and give epsom salts or diluted sulphuric acid. Castor oil is good ; also give milk freely.

Shell Fish—Clams, muscles, etc., are sometimes poisonous. Excite vomiting, give powdered charcoal or strong coffee without milk or sugar.

Alcohol—The effects of poisonous doses of alcohol may be counteracted by showering the head and body with cold water, when the body is hot. Also cause vomiting as soon as possible.

Belladonna (*Black Henbane*), **Hyoseyamus**, **Stramonium** (*Conium*), **Hemlock**—These are all narcotics, and when accidentally taken in poisonous doses, the treatment is the same as for poison by opium. Strong coffee is said to counteract the effects of these articles.

Spanish Flies, Potato Flies—Symptoms are acrid taste, burning heat in the throat, stomach and bowels, bloody vomitings, colic, purging, retention of urine, convulsions, death. Take large draughts of olive oil, thin gruel, milk, starch injections, linseed tea, laudanum, and comphorated water.

Aconite—Give an emetic of ground mustard or sulphate of zinc, or use the stomach-pump, instantly, and then give stimulants, as brandy, gin, whisky, rum, etc.

Nitre—Give the same antidotes as for saltpetre, as it is precisely the same substance.

Liquor of Potassa, Nitrate of Potassa (*Saltpetre*), **Carbonate of Potassa** (*Pearlash*), **Salts of Tartar**—Linseed, castor, and sweet oil, also almonds and melted lard, destroy the caustic effects of these poisons. Mucilaginous drinks may be given.

Ammonia—Spirits of hartshorn, or ammonia, is a

well-known strong irritant. When taken, give at once table vinegar, by the teaspoonful, till the pain lessens. Lemon-juice will also answer. Olive oil will afterwards be beneficial. Emetics should not be given.

Opium—The symptoms of poisoning by opium, or any of its preparations, are unnatural stupor and disposition to sleep, with a very marked apathetic countenance. The person does not like to be disturbed, and would rather die than live. When he cannot be aroused by shaking or dashing cold water in the face, there is danger, and especially if the breathing is stertorous or snoring.

1. When an overdose of opium, or any of its preparations, has been swallowed, the stomach should be evacuated as speedily as possible. To effect this, a teaspoonful of ground mustard seed, or as much tartar emetic as can be held on a five-cent piece, or as much *ipecacuanha* as can be held on a twenty-five cent piece, should be mixed in a tumblerful of warm water, and one-half given at once, and the remainder in twenty minutes, if the first has not, in the meantime, operated. In the interval, copious draughts of warm water, or sugar and warm water, should be drunk.

2. The use of the stomach-pump, in these cases, is of the greatest importance, and should, if possible, be resorted to without delay. After most of the poison has been evacuated from the stomach, a strong infusion of *coffee* ought to be given; or some one of the vegetable acids, such as *vinegar* or *lemon-juice*, should be administered.

3. The patient should be kept in motion, and salutary effects will often be produced by dashing a bucketful of cold water on the head. *Artificial respiration* (see "Drowning") ought to be established, and kept up for some time. If the extremities are cold, apply warmth and

friction to them. After the poison has been evacuated from the stomach, stimulants, as warm wine and water, may be given, to keep up and sustain vital action.

Phosphorus—First excite vomiting; then give milk and magnesia, followed by slippery-elm tea, flax-seed tea, gum-Arabic water, etc. Avoid all oils and oily drinks.

Citric Acid, Acetic Acid, Tartaric Acid—For these poisons, give the same as for the above, hydrochloric acid.

Carbolic Acid—Oil, glycerine, milk, flour and water, white of eggs, magnesia, and flax-seed tea, may be used.

Prussic Acid—This is the most deadly of all known poisons. One drop of the *pure acid* will cause immediate death. Give water of ammonia or hartshorn, one part diluted with six parts of water, freely. Let the patient smell camphor or ammonia. And shower the head and spine with cold water.

In poisoning by any of the above acids, after they have been neutralized by their appropriate antidotes, the following mucilaginous drinks should always be administered: Flax-seed, gum-Arabic and slippery-elm.

Lye—The remedy is vinegar, or oil. Vinegar will convert the lye into acetate of potash, and any of the oils will unite with it, and form soap; and neither the acetate of potash, nor soap, will materially injure the stomach.

Saltpetre—Induce vomiting by lukewarm water, and by tickling the throat with a feather; but avoid irritating the stomach with the ordinary emetics. Give flax-seed tea or gum-water.

Ergot, Black Hellebore, Veratrum (*American Hellebore*), **Fox-glove, Gelseminum** (*Yellow Jessamine*)—Evacuate the stomach with a stomach-pump, or

an emetic composed of four or five grains of tartar-emetic, fifteen or twenty grains of sulphate of zinc, or large doses of mustard, repeated every quarter of an hour until the full effect is produced.

Sweet milk is also an antidote to this poison, and should be given freely. It is said to be a specific.

Nux Vomica (*Dog-Button*)—This is strychnine. Remedies, the same as the above.

Mercury—The same antidotes should be used for this, as those employed for corrosive sublimate; which see.

Oxalic Acid, Sulphuric Acid (*Oil of Vitriol*), **Nitric Acid** (*Aqua Fortis*), **Hydrochloric Acid**—The symptoms of the above poisons are, acute pain in the throat, stomach and bowels, with an acrid taste and frequent vomiting, together with copious stools more or less bloody, and sometimes difficulty of breathing. The pulse is irregular, and, while the thirst is excessive, drinking increases the pain.

Oxalic Acid—Give powdered chalk mixed with water, or magnesia, and excite vomiting by drinking freely of warm water. Do not give saleratus or potash in any form. A mixture of lime-water and sweet oil is very valuable.

Oil of Vitriol (*Sulphuric Acid*)—In case of poisoning from acid, give immediately soapsuds, wood-ashes mixed with water, carbonate of magnesia, chalk, or lime-water, and let the patient drink freely of milk. Oil is also useful.

Nitric Acid (*Aqua Fortis*)—Give freely of calcined magnesia in a little water; or chalk; strong soap and water is an efficient remedy, and is always on hand. If nothing better at hand, give freely of a mixture of wood-ashes and sweet milk.

Hydrochloric Acid (*Muriatic Acid*)—Soda, lime, potash, magnesia, are antidotes to this poison. As soon as the acid is neutralized, give flax-seed, gum-Arabic, or slippery elm.

Creosote (*Oil of Smoke*), **Oil of Tar**, **Oil of Turpentine**—Starch, wheat-flour mixed with water, whites of eggs, milk, and mucilaginous drinks, are excellent antidotes; or the stomach may be evacuated, with an emetic or a stomach-pump.

The Compounds of Arsenic, Yellow Sulphuret of Arsenic, Red Sulphuret of Arsenic, King's Yellow, Fly-Powder, Arsenical Paste, Arsenical Soap, Scheele's Green, Paris-Green—Give oils or fats, lard, melted butter, or milk, then induce vomiting with white vitriol; fine powdered iron rust, or magnesia, may be given every five or ten minutes. Mucilaginous drinks should be given as soon as the stomach is evacuated, such as, gum-Arabic, flax-seed, or slippery elm.

Tobacco—The oil of tobacco is a violent poison, and the leaf, when swallowed, causes sickness and often vomiting. This should be encouraged with warm water, after which twenty-drop doses of spirits of ammonia, in a tablespoonful of water, should be given.

Sulphate of Zinc, and Chloride of Zinc—The symptoms are, astringent taste, sensation of choking, nausea, vomiting, purging, pain and burning in the throat and stomach, difficult breathing, pallor and coldness of the surface, pinched face, cramps of the extremities, but, with the exception of the chloride, seldom death. For the first, give copious draughts of milk, and white of eggs and water, mucilage, and olive oil. Relieve urgent symptoms by fomentations, and after the vomiting, give castor-oil.

2. For the chloride, in addition to the above, give

soda, warm water, in frequent draughts, with the addition of friction and warmth.

White Vitriol—This is the same as the above (*Sulphate of Zinc*).

Oil of Bitter Almonds—Give ten to twenty drops of ammonia; or it may be inhaled. Apply cold water to the head. This oil is speedily fatal.

Lead and its Compounds, Acetate of Lead (*Sugar of Lead*), **White Lead, Red Lead, Litharge**—The symptoms are, sugary, astringent, metallic taste, tightness of the throat, colicky pains, violent vomiting, hiccough, convulsions, and death. Epsom, or Glauber's salts, plaster of Paris, or phosphate of soda. An emetic of sulphate of zinc (24 grs. to $\frac{1}{2}$ pt. of water); apply fomentations if necessary; and a castor-oil mixture with laudanum.

APOPLEXY (Apoplexia).

This disease is characterized by the abrupt loss, more or less complete, of consciousness, from extravasation of blood (*hemorrhage*) within the cranium or head.

Varieties—1. *Congestive* apoplexy is an overloaded condition of the vessels of the brain. 2. *Hemorrhagic* or sanguineous apoplexy is the most frequent, and consists in the rupture of a vessel, and extravasation of blood in the substance of the brain, or outside the nervous masses. The symptoms are usually sudden, and its development most rapid.

Modes of Attack and Warnings—Apoplexy may come on *suddenly* or *gradually*. The patient may be suddenly struck—falling, at once bereft of motion and

consciousness. Such a case is termed *primary apoplexy*. More frequently, however, apoplexy is indicated by well-marked premonitions, which are, chiefly, headache; giddiness, particularly on stooping; fullness and pulsation of the blood-vessels of the head; epistaxis; retinal hemorrhage; sleepiness, with heavy or snoring breathing; transient blindness; considerable difference in the sizes of the pupils of the eye; deafness or noises in the ears; momentary loss of consciousness, with or without indistinctness of speech or incoherent talking; flashes, motes, etc., before the eyes; vomiting, numbness, or tingling in the hands or feet; unsteady gait; partial paralysis, sometimes involving the muscles of the face, sometimes those of a limb; the patient becomes comatose, and drowsiness gradually increases to perfect *coma* or stupor. This is called *ingravescent apoplexy*, because the symptoms become worse *gradually*, and it is far more serious than a primary case, because we have evidence that the cause of the symptoms is still in operation, and because such a case is always hemorrhagic, and the brain has undergone organic and permanent changes. On the other hand, a primary case may be a congestive variety, and the condition may pass off without any permanently injurious result.

Symptoms—These vary according to the seat and amount of the hemorrhage, and are sometimes so vague that cerebral hemorrhage can only be suspected. Pain in the head, giddiness, faintness, sickness, laboring pulse, succeeded by some reaction, may only be present. In the early stage of an ingravescent case, before the patient becomes comatose, there is great depression in the circulation from the shock to the nervous system; the surface is cold, pale, and clammy, and the pulse frequent, small, and weak. As stupor comes on, the pulse becomes

full, slow, and labored (passes slowly under the fingers); the surface warm, sometimes preternaturally so, and perspiring; the countenance has a peculiar bloated appearance, and is often congested; the pupils are insensible to light, and usually dilated, although one or both may be contracted; the breathing is stertorous from paralysis of the soft palate; the urine is retained from inaction of the bladder; and the bowels are sluggish.

One or several of the above symptoms may, however, occur as the consequence of indigestion. Vomiting and headache are more important as indications when they come on suddenly without any obvious cause, and not on first rising in the morning, and the vomiting, or efforts at vomiting, are continued beyond the emptying of the stomach.

This complaint may be distinguished from palsy by the difficult and loud breathing, profound sleep, and the entire suspension of voluntary motion; and when to these we add the absence of convulsions, it will be distinguished from epilepsy; and from intoxication, by the impossibility of arousing the patient by shouting or any other means.

Apoplexy chiefly attacks individuals of advanced age; and it has been observed, that persons of a corpulent habit, and those having a short neck and large head, and who lead an inactive and sedentary life, or make use of full, rich diet, are more liable to it than those of different habits.

This disease is generally supposed to arise from compression of the brain, caused by an effusion of either blood or serum within the head or cranium, which has given birth to the two distinctive names of serous and sanguineous apoplexy.

But the main cause of apoplexy, doubtless, is disease

of blood-vessels; hence the increasing liability to it with advancing age. The gradual degeneration or ossification of arteries common to old age renders them inelastic, and as the blood is forced on them by the action of the heart, they give way. Hemorrhage within the cranium is sometimes caused by the bursting of *aneurisms* involving the arteries of the brain. The idea that increased pressure on the blood-vessels of the brain, as during exertion or rapid movement of the body, is an *originating* cause of apoplexy, is incorrect; there must be actual degeneration of the arteries, the process probably of years, before they can give way. The *predisposing* cause of apoplexy is general bodily unsoundness, which may be especially due to granular disease of the kidney, or enlargement of the left ventricle of the heart. Apoplexy is almost always the local expression of a general constitutional failure: hence it is classed as a constitutional disease.

Remedies—The patient should be immediately removed to a pleasant, airy, and cool place, and placed in a recumbent position, to favor a return of blood from the brain. All compression should be removed from the neck, and all tight bandages or ligatures. The feet and legs must be immediately immersed in very warm water, in which lye or ashes has been added. This simple process is attended with the most extraordinary effects. I have never known it fail to exert a salutary and decided good effect. The feet and legs should remain in the water fifteen or twenty minutes, and friction be then applied to them. The whole surface must also be bathed with a mild tincture of Cayenne pepper, applied very warm. If the tincture is not at hand, put dry Cayenne on a flannel cloth, and rub the patient's body with it.

Administer an injection, composed of half a pint of soapsuds, with half a tablespoonful of salt added. The

patient should be covered warmly, in order to excite perspiration. Hot bricks, covered with cloths wet with vinegar, may be applied to the extremities, to assist in recalling the blood back to its original channels.

A mustard-plaster should also be immediately applied between the shoulders.

It is stated, by some medical authors, that common salt is one of the best remedies known in apoplexy. It is to be applied wet to the head and temples, until sufficient sensibility returns, to admit of swallowing, when salt water, given internally, will completely restore the patient.

In the treatment of this disease, it is well to apply tight ligatures around the limbs, to prevent the blood from returning rapidly in the veins. The ligatures should be gradually removed when the patient recovers his consciousness.

As a constitutional remedy in the treatment of this disease, the compound syrup of stillingia, with iodide of potash, should be taken daily. To half a pint of the syrup, add twenty grains of the potash, and take a teaspoonful every morning. This can be found at the drug-stores.

After a Fit—Should the patient recover from the fit, great and unremitting care must be observed to prevent another attack. The diet should be light, but nourishing; milk, light puddings, cooked vegetables, fish, etc., are extremely valuable; a full animal diet should not be allowed till all fear of a relapse is passed; and stimulants should almost invariably be avoided. Moderate exercise of the muscles is a remedial agent of high value; it tends to promote a more active circulation through the entire system, and, consequently, to diminish the pressure on blood-vessels which a little extra force might cause to give way. If active

exercise cannot be taken, frictions performed by a second person, by means of towels or flesh-brushes, over the surface of the body and the extremities are necessary. The causes of the disease should as far as possible be avoided or modified.

Preventive and Accessory Measures—Undeviating temperance in eating and drinking. Physical and mental exertion and excesses of every nature; fits of passion or excitement; sudden changes of temperature, over-heated rooms, warm baths, wet feet, etc., must be uniformly avoided. Errors in diet, exposure to a hot sun, violent emotions, etc., may excite the gravest symptoms in persons predisposed to apoplexy.

The neck should be free from all tight cravats; the feet should be kept warm; exposures to cold, and especially to cold feet, are dangerous. Sour stomach should always be cured, if possible, as soon as known to exist. The hours of sleep should be regulated not to exceed eight or nine, and the bed should be a hard mattress. Whenever there is giddiness of the head, cold water, poured on the head and along the spinal column, will be found a very salutary measure. Pure air in the the rooms is indispensable. Direct exposure to the sun's rays should be invariably shunned. Sudden turning of the head, to look upward or sideways, should also be carefully avoided, as well as straining at stool. For at least two hours previous to retiring to bed, no food must be allowed to enter the stomach. Indeed, without the most rigid attention to the rules of hygiene generally, it will be a very difficult matter to prevent an attack of apoplexy in those predisposed to it.

CONGESTIVE CHILLS.

These are only an aggravated form of common chills and fever, and are sometimes called "Sinking Chills." In this form of the disease, the chill is very much lengthened, and there is great pain in the head, a feeble pulse, vertigo, a sense of weight and oppression of the chest. The hot stage comes on slowly, and is imperfect, the pulse being frequent, small and tense, the countenance anxious, the skin hardly warm, perhaps an internal heat complained of, and little or no thirst. The perspiration in the sweating stage is copious and fetid.

As the disease advances, stupor comes on; the patient lies upon his back, with tendency to slip down to the foot of the bed; the breathing becomes more difficult; the pulse is small, weak and fluttering, or is intermittent, and at last can not be felt at the extremities: a cold, clammy perspiration, sometimes fetid, covers the body; the face assumes a leaden, deathly hue; the lips are contracted over the teeth, and the patient dies. Death usually happens during the cold stage, and more commonly in the third paroxysm.

In describing the symptoms of this disease, a medical writer remarks; "It commences with a sensation of languor, weariness, disinclination to exercise, and a want of appetite. The chill comes on with a shrunk condition of the extremities, and is not always clearly felt by the patient, and is followed by paroxysms of fever of greater or less intensity. Not unfrequently the patient may be able to move about for some days, but eventually becomes prostrated by an increase in the severity of all the symptoms. The stomach becomes greatly irritated, and the bowels very torpid. The cold stage frequently continues for five or six hours, during which the patient suffers excessively from the irritable condition of the

stomach. The tongue varies in its appearance, being coated from a pale-brown to black, but commonly moist; the pulse is weak, and but little increased in frequency above natural. Usually, the attacks manifest themselves every other day with great severity, a light chill being experienced, however, every day. A sensation of burning is frequently felt by the patient, who will desire to be placed where he may have the cool air to pass over him, and this will be the case when the parts in which the burning is felt are very much below the ordinary temperature of the body; which will also be the case with the surface of the limbs and body generally."

Remedies—The chief object of treatment, during the chill, is to produce reaction, or to bring warmth to the patient. For this purpose, give the patient, immediately, a vapor bath, as directed in Volume II of this work, or, surround him with bottles of hot water, hot bricks, or stones, enveloped in wet cloths. Make a strong tea of ginger, red pepper, or black pepper, and give it freely. If these measures do not cut short the chill, give the patient five grains of quinine, and repeat the dose every half hour, until the chill is overcome, and reaction takes place, continuing, at the same time, the above applications.

In the second place, during the hot stage, promote perspiration; which is to be done by giving cooling drinks, and removing gradually the clothing, etc., which greatly oppresses the patient at this time.

In the third, or sweating stage, the patient should be wiped dry after it is over, the clothing changed, and sleep permitted. During the intermission, take equal parts of the black-snake root, generally called Virginia snake-root, and wormwood, which grows in every garden, made into a tea: it is used with great success in curing

this disease. Dose, a wineglassful three times a day. The following preparation is used with the most successful results: Take two nutmegs, and burn or char them over a flame; pulverize them, then add an equal quantity by weight, of dried or burnt alum, and divide the mixture into six powders. Administer one powder every time the chill comes on; frequently, the first dose will effect the cure. For further treatment of this disease, the reader is referred to the article on "Fever and Ague," as the remedies used in this and that disease, are adapted, the one to the other.

Accessory Treatment—People subject to this affection, as well as to the ordinary chills and fever, should avoid the damp air of the morning and evening, also, exposure to a hot sun; during damp seasons, fires should be kept in the sitting and sleeping rooms. The diet, during the hot and sweating stage, should be very light. During the intermission, and for some time after a cure has been effected, the diet should consist of nutritious food, as boiled rice, bread and butter, beef-tea, chicken-broth, toast-water, and plain bread-pudding. All high-seasoned, stimulating, or indigestible food, must be carefully avoided.

FITS—INFANTILE CONVULSIONS.

Symptoms—In simple cases there is slight twitching of the muscles of the face, rolling of the eyes, and some difficulty or irregularity of breathing, which soon pass off spontaneously. Severe cases are marked by sudden loss of sensibility, violent movements of the arms, legs, and head; turning of the eyes so that the white is visible, and the pupils almost invisible; pallor or redness of the

face; lividity of the lips; clenching of the hands, the thumb being *under* the fingers; and bending of the great toes upon the soles of the feet. The fit may last for one or two minutes, when it passes off either altogether, or to recur after a longer or shorter interval. The slighter attacks are common to new-born infants.

Causes—The irritation of dentition (teething), or of indigestion, worms, etc.; a blow or fall; fright; disease of the brain; impure supply of blood to the brain, as in the eruptive fevers; feeble action of the heart; deficient supply of blood from defective nourishment; suppressed eruptions; powerful mental emotions; worry, over-heating, or indigestion in the nursing mother. More remote causes may be general ill-health of the parents, too early or too late marriage, and inherited taint of constitution.

Remédies—Commence the treatment by making warm applications to the lower part of the body, and lower extremities, or put the lower half of the body into warm water. If the head is hot and the face red, sprinkle the head for a few moments with cold water, especially if the disease has been caused by teething. “If the attack has been caused by eating green fruit, or other indigestible food, let him drink freely of warm water—then tickle the throat with a feather, so as to cause vomiting; even if vomiting does not ensue, the warm water may benefit the patient. In all cases where the bowels are costive, or you have the least reason to suppose the attack is caused by irritation of the stomach and bowels, or by worms, give a free injection of warm water, and repeat it in one hour, if the bowels do not move freely.” (*Ellis*.) The gums should be looked to, and if they appear swollen, or much inflamed and painful, lanced. The most severe convulsions cease immediately

after this operation. It sometimes happens that after a convulsion, the child becomes unable to urinate; for which he may be placed in a warm bath, and kept there for ten minutes, and then onions, pounded and slightly warmed, must be placed over the region of the bladder, and parsley root; or pumpkin-seed tea, administered freely.

When a nursing-mother becomes overheated, or violently excited, her blood and milk are thereby poisoned. Under such circumstances, the milk should be withdrawn, and the brain and blood allowed to cool, before nursing again, or serious, or even fatal results may ensue.

Put one drop of the spirits of camphor into two teaspoonfuls of sweetened water, and give a teaspoonful at a dose, and repeat occasionally. This generally affords speedy relief. Essence of peppermint, is also a good remedy, used in doses of two or three drops, in sweetened water. Or, if the essence is not at hand, give a weak infusion of the herb.

Preventive—When there is a tendency to convulsions, as shown by a foul tongue and breath, disordered evacuations, with screaming, restlessness, etc., the addition of *lime-water* to the child's milk (a tablespoonful to a feeding-bottle of milk) often acts as a preventive.

BLACK EYE.

1. Immediately after the eye has been struck, with force enough to make it black, apply a cloth, wet with water, as hot as you can bear. Keep on applying the water for fifteen or twenty minutes, and the coagulated blood will become thin and pass off into its natural channels, and leave the eye clear of blackness. A bruise on any other part of the body may be treated likewise.

2. Tincture of arnica is an excellent application to remove the soreness of the parts, and restore them to their natural condition.

3. An application of brandy is another good remedy to check the tendency to discoloration.

4. The application of raw beef is another very superior means for removing the discoloration, and also for checking the tendency to it, and relieving the pain.

HEMORRHAGE OR BLEEDING FROM THE LUNGS.

This disease is usually preceded by a sensation of weight, fullness, tightness, soreness, heat and oppression, over a part or the whole of the chest, and flushing of the cheeks, and sometimes even chills and fever. A dry cough often precedes the attack.

The following table will enable the reader to determine whether the discharge of blood is from the lungs or stomach:

FROM THE STOMACH.	FROM THE LUNGS.
1. The blood is of a <i>dark</i> color.	1. The blood is of a <i>bright-red</i> color.
2. The blood is vomited.	2. The blood is generally <i>coughed</i> up.
3. The blood is often mixed with <i>food</i> , and is <i>not</i> frothy.	3. The blood is generally <i>frothy</i> and mixed with spittle.
4. Is preceded by nausea and <i>stomach</i> distress.	4. Is often preceded by pain in the <i>chest</i> and difficult breathing.
5. Blood is generally passed <i>with the evacuations</i> from the bowels.	5. Blood is not found in the <i>stools</i> .

A patient may spit blood without its coming from the lungs; it may descend from the back part of the nostrils into the throat, or it may come from the throat itself, and even from the mouth.

Patients may have a single attack and never have a return. Hemorrhage from the lungs may be caused by severe exertion in speaking, coughing, violent muscular exertion, tight lacing, very cold or hot air, and diseases of the heart. It is frequently caused by tubercles in the lungs.

Remedies—One of the best remedies for bleeding from the lungs is salt. Half a teaspoonful should be taken dry, and repeated every twenty or thirty minutes. This, in most all mild cases, will be found sufficient, as an internal remedy.

In cases of bleeding from the lungs, the most perfect quiet must be enjoined, and the patient prohibited from talking, and suppress cough as much as possible; he must be placed on the bed with the head and shoulders raised.

But few persons should be in the room, which should be well ventilated and cool. If the feet are cold, a hot mustard foot-bath is very useful, and the warmth subsequently continued with a jug of hot water.

A strong decoction, or tea, made of the leaves of the bugle-weed (*Lycopus Virginicus*), is one of the best remedies known for bleeding of the lungs. As much as a pint a day should be drunk cold for several days, to prevent a return of the bleeding.

A tincture, made of equal parts of black cohosh root (*Cimicifuga Racemosa*), and blood-root (*Sanguinaria Canadensis*), is also a valuable remedy, especially if there is any liability to consumption. It may be taken in teaspoonful doses every three hours.

The following remedies have been used with success:

Alum, which when pulverized, may be given in doses of two grains—or as much as will lie on the point of a pen-knife, every thirty or forty minutes; *turpentine*, ten to fifteen drops of which may be taken at a dose, once an hour; *oil of Canada fleabane* (*Erigeron Canadensis*), in doses of three to five drops every half-hour, is relied on by many; *ipecac*, the tincture, in doses of fifteen to twenty drops, every twenty or thirty minutes; the common stinging *nettle* (*Urtica Dioica*), of which drink a strong infusion or tea; or, what is still better, take frequent doses of the juice of its leaves.

Accessory Treatment—When persons of an enfeebled condition are attacked with bleeding from the lungs, they must take a mild, nourishing diet, consisting principally of milk, eggs, oysters, gruel, panada, strong beef-tea, etc.: they should exercise moderately in the open air, increasing the exercise as they gain in strength. Such patients should avoid all animal food, all liquors, tea and coffee, and every article of diet that is indigestible; oranges, lemons, ripe, acid fruits are very good, and all drinks should be taken cold.

BLEEDINGS FROM THE STOMACH, OR VOMITING OF BLOOD.

Vomiting of blood is generally preceded by pains in the stomach, sickness and nausea, and is accompanied with great anxiety and frequent fainting-fits.

This disease is sometimes periodical; in which case it is less dangerous. It often proceeds from an obstruction of the menses in women, and sometimes from the stoppage of the hemorrhoidal flux in men. It may be

occasioned by any thing that greatly stimulates or wounds the stomach, as strong vomits or purges, acrid poisons, sharp or hard substances taken into the stomach. It is often the effect of obstructions in the liver, the spleen, or some of the other organs. It may likewise proceed from external violence, as blows or bruises, or from any of the causes which produce inflammation.

Remedies—The patient should be confined to the bed; small pieces of ice should be swallowed. If the bleeding is excessive there should be entire rest of the stomach and nourishment should be given by injection. Among the most suitable for this purpose is strong beef-tea and milk.

From one-half to a teacupful may be used at each injection, four times a day.

After the injection firm pressure should be made upon the anus with a napkin under the hand, until all efforts to expel it cease. It sometimes happens that vomiting of blood takes the place of the menstrual flow. If this is the case it should not be immediately arrested, but kept within proper limits. The swallowing of ice, and hot foot-baths, are advantageous.

One-half a teaspoonful of common table-salt, repeated every twenty to thirty minutes, is an excellent remedy, and is usually all that will be required in mild cases. A mouthful of vinegar, swallowed occasionally, will often answer the same purpose. With some patients, it may be necessary to dilute it with water before using.

Spirits of turpentine and alum are other remedies, that have been used with success in this affection. In severe cases, give half a teaspoonful of the former, at a dose, and as much of the latter, when pulverized, and repeat once an hour, gradually diminishing the dose and the frequency, as the bleeding abates.

A tea, made of the witch-hazel (*Hamamelis Virginica*), when administered in obstinate cases, affords speedy relief. This bark, or the liquid preparations of it, can be obtained at all drug-stores.

Among the professional remedies, Mousel's solution of subsulphate of iron is, perhaps, the best known to check hemorrhages. In these cases ten drops of the solution should be given in ice or cold water, and after the first two or three drops, can be given frequently, from ten to thirty minutes apart, if the bleeding does not cease.

If the hemorrhage occurs in the course of scarlet fever, typhus, etc., vinegar, citric acid, lemonade, sulphuric acid diluted, yeast, chloride of soda, and chloride of lime in solution, etc., together with means to strengthen the system.

Accessory Treatment—It is also important in hemorrhage from the stomach that the organ should have perfect rest. As long as any tendency to hemorrhage continues, the patient should remain in bed, and take nothing by the mouth except sips of iced water. Food, beef-tea, etc., should be introduced by the rectum.

Should faintness occur, no alarm need be excited, because it is often nature's method of arresting the bleeding. After the hemorrhage, the patient must still be kept cool and quiet, and the diet be light and unstimulating, while the posture of the body should be such as to favor the return of blood from the bleeding organs. Should the faintness persist, iced champagne is often an excellent restorative, and is not likely to induce vomiting.

During the discharge, gruel, rice or barley-water, may be allowed, but after its arrest, the diet must be more nutritious, as beef-tea, toast-bread, custards, soft-boiled eggs, oysters, oyster-soup, etc.

FROST-BITE.

When a person has exposed his hands or other parts of the body to severe cold, so that they are frozen or frost-bitten, he should avoid suddenly approaching a fire, as it might cause a violent and painful inflammation, and even mortification. The parts should be rubbed with ice or snow, or immersed in cold water; or cloths, folded in several thicknesses and frequently wet with cold water, may be applied to them. After this course has been pursued until the frost is abstracted, the part should be bathed with strong alum-water.

Roast-beef steak is a very superior application to parts that have been frost-bitten.

Coal-oil has, latterly, been used extensively for this purpose.

“The most effectual remedy,” says a medical author, “I have ever known, and it is generally effectual in all cases, if persevered in, is rabbit’s fat. Anoint the part well once or twice a day with it, especially at night, and bathe it in well by holding the part to the fire. During the day, wear a piece of fresh rabbit’s skin next the affected part, with the flesh-side next the foot. If there is much swelling, with inflammation, poultice at night with rotten apples; or with elm and ginger. But in all ordinary cases, the use of the rabbit’s fat and skin will be sufficient. They will generally effect a permanent cure. Bathing the parts at night in cold water will also be found serviceable.”

When the extremities are frozen, says an intelligent writer, and even when quite black, it is the custom in Russia to rub the parts with warm goose-grease; repeating the application so often as to keep them always covered with the grease. This method, continues he, has been

found to restore their life and circulation with great effect. The oil or grease of common fowls will probably answer as good a purpose.

To relieve itching, to which the feet are subject, in such cases, bathe them in alum-water, and then warm them by the fire. One or two applications will afford relief.

BLEEDING OF THE NOSE.

In simple cases, when the discharge is trifling, no treatment is necessary; that suggested below is for cases in which the bleeding is excessive, long-continued, oft-recurring, or in which it arises from a debilitated state of the constitution.

Remedies—The application of cold water or ice to the forehead, neck, or back, raising the arms above the head, and holding them so for a short time, or pressing horizontally on the cheek-bone with the fingers, just above the bleeding nostril, and so compressing the blood-vessel, generally arrests the hemorrhage promptly.

In obstinate cases, blow a little gum-Arabic powder up the nostrils through a quill, which will immediately stop the discharge.

The following are other means, that may be employed for this purpose, and often with success: Apply a piece of cold iron to the back of the neck; plug the nose with lint saturated with a strong solution of alum, or a strong tea of crane's bill; or the powdered leaves of the witch-hazel, used as a snuff. The two latter remedies will afford relief when all other means have failed.

In full-blooded persons, with redness of face, and

subject to headache and dizziness, bleeding from the nose may be salutary, and necessary to ward off apoplexy, and should not be too suddenly stopped.

SUN - STROKE.

Symptoms—Most cases are preceded by pain in the head; wandering of the thoughts, or an inability to think at all; disturbed vision; irritability of temper; sense of pain or weight at the pit of the stomach; inability to breathe with the usual ease and satisfaction. Very soon the patient feels unable to command his limbs, and sinks down in a state of more or less complete unconsciousness.

Remedies—The old practice of putting cold water on the head is bad and should be abandoned.

A better method is to make hot applications. If hot water cannot be obtained at first, bathe the head with tepid water, and, with the hands moistened, rub the extremities, the neck, and the whole length of the spine, rubbing in a downward direction to draw blood from the head. As soon as boiling water can be obtained, put a dry blanket around the body, then wring flannels from the hot water and apply them quickly to the region of the stomach, liver, bowels, and spine over the blanket; also immerse the feet in hot water, or wrap them in hot flannels as far as the body. Re-wring the flannels once every five or eight minutes for half an hour or more, then remove them and apply cool water in the same way, either by wet towels or by sponging with cool water; dry well and rub the surface lightly and briskly with the hand until a glow is produced. As soon as the patient

can swallow, give hot water to drink, plenty of it, with occasional bits of ice, or sips of cold water.

Prevention—During the heated term, as it is called, *all* use whatever of malt, fermented, or distilled drinks should be abandoned. Wear a hat that permits the air to pass through, and have the top lined with one thickness of flannel, or keep a silk handkerchief in the crown. Persons who feel the symptoms above named should immediately get in the shade, and bathe the head in cold water.

Everything in any way calculated to impair the *strength* should be avoided. Sleep is a most wonderful restorer of strength, and the want of it is often caused by a badly assorted late meal of the evening before. *Defective* ventilation leads to a condition of affairs favorable to the malady under consideration.

Drinking large quantities of *cold water*, merely because it is cold, should be avoided, particularly before, during, and after meals.

Loosely fitting garments should be worn, and baths should be regularly taken.

DROWNING (Asphyxia).

When a drowned man is taken from the water, he should be first turned on his face, to allow the escape of water from his mouth and throat. The finger of an attendant, slightly curved, should be thrust backward, to depress the tongue, to favor the escape of a small quantity of water, or mucus, often collected at the base of the tongue.

The barbarous practice of rolling a person over a

barrel, or hanging him head downwards, to permit the escape of water from the lungs, has almost ceased, in view of the fact, now generally known, that no water can get into the lungs.

The body should be stripped of the clothing, dried, and, when possible, placed on a bed previously warmed, the head, neck and shoulders raised a very little, if any; frictions with the dry hands used to the extremities, and heated flannels kept applied to the rest of the body.

The point to be aimed at first, is, the restoration of breathing. One of two methods is usually employed to effect this purpose, the one known as "*Sylvester's Ready Method*," which is embraced in the following rules:

Rule 1. To Maintain a Free Entrance of Air into the Windpipe—Cleanse the mouth and nostrils from dirt, saliva, etc.; open the mouth; draw forward the patient's tongue, and keep it forward; an elastic band, over the tongue and under the chin, will answer this purpose. Remove all tight clothing from the neck and chest.

Rule 2. To Adjust the Patient's Posture—Place the patient on his back, on a flat surface, inclined a little from the feet upwards; raise and support the head and shoulders on a small, firm cushion or folded article of dress, placed under the shoulder-blades.

Rule 3. To Imitate the Movements of Breathing (*see engravings*)—The operator, standing or kneeling behind, and at the head of the patient, should grasp the patient's arms, just above the elbows, and draw them gently and steadily upwards till they meet above the head (this is for the purpose of inspiration, or drawing the air into the lungs), and keep the arms in that position for two seconds.

He should then turn them down, and press them



I. INSPIRATION.



II. EXPIRATION.

Illustration of the position of the body during the employment of this Method of inducing Respiration, or Breathing.

gently and firmly for two seconds against the sides of the chest (this is with the object of pressing air out of the lungs—expiration).

If an assistant compress with both hands, flat, the lower part of the ribs and diaphragm, when the patient's arms are turned down, the expiration will be facilitated. The operator and assistant must carefully act together.

As the process of artificial respiration is laborious, the best qualified assistants should be selected to take turns with the operator; but changing places must be rapid, that not a single respiratory movement may be missed.

Repeat these measures alternately, deliberately, and perseveringly, fifteen times in a minute, until a spontaneous effort to respire is perceived, immediately upon which cease to imitate the movements of breathing, and proceed to induce "Circulation and Warmth," according to Rule 5.

Should a warm bath be procurable, the body may be placed in it up to the neck, continuing to imitate the movements of breathing. Raise the body in twenty seconds to a sitting position, and dash cold water against the chest and face, and pass ammonia under the nose. The patient should not be kept in a warm bath longer than five or six minutes.

Rule 4. To Excite Inspiration—During the employment of the above method, excite the nostrils with snuff or smelling-salts, or tickle the throat with a feather. Rub the chest and face briskly, and dash cold and hot water alternately on them.

The efforts to restore life must be persevered in until the pulse and breathing have ceased for at least an hour, for well-attested instances of resuscitation are on record, after several hours of suspended animation.

Another method of effecting artificial respiration, is by the operator inflating from his own chest; but as he is able to drive in much more air than is absolutely necessary, its impurity is of no great consequence. An assistant must empty the patient's lungs, by compression of the chest, between the insufflations.

Rule 5. To Induce Circulation and Warmth—

Wrap the patient in dry blankets and commence rubbing the limbs upwards, firmly and energetically. The friction must be continued under the blankets or over the dry clothing.

Promote the warmth of the body by the application of hot flannels, bottles or bladders of hot water, heated bricks, etc., to the pit of the stomach, the armpits, between the thighs, and to the soles of the feet. Warm clothing may generally be obtained from bystanders.

On the restoration of life, when the power of swallowing has returned, a teaspoonful of warm water, *small quantities* of warm wine, warm brandy and water, or coffee, should be given. In some cases, an enema of beef-tea and brandy is to be preferred to administration by the mouth. The patient should be put into a warm bed, in a room well ventilated, and encouraged to sleep. Great care is requisite to maintain the restored vital actions, and at the same time to prevent undue excitement.

The second “Ready Method,” as it is called, is that of Marshall Hall.

The person whose breathing is to be restored is placed flat on the face, gentle pressure is then made on the back, the pressure removed, the body turned on its side, or a little beyond that. The body is then turned again on the face, gentle pressure again used to the back, then turned on the side. This should be done about sixteen times in a minute.

Both of these methods have the same *object* in view; either may be exclusively used, or one may be alternated with the other. Most physicians express a preference for the first described (“Ready Method of Silvester”). Both of these procedures might be practiced, in advance,

by the reader, because such practice might be more easily remembered than a concise rule.

Accidents in Water—If thrown into the water, and you are not able to swim, draw the breath in well, and keep the mouth shut. Do not throw the arms up; but yield quietly to the water, hold the head well up, and stretch out the hands only *below* the water. To throw the hands or feet *up*, will pitch the head *down*, and cause the whole person to go immediately under water.

APPARENT DEATH FROM HANGING.

Persons found hanging are to be cut down instantly, and the same means employed to re-establish breathing as in cases of drowning. It may help to restore the breathing, to bathe the forehead and face with vinegar, or tincture of camphor, and to pass hartshorn frequently under the nostrils.

APPARENT DEATH FROM NOXIOUS VAPORS.

When persons become insensible from breathing foul air, gases, etc., in a well or other place, let them be immediately exposed to the open air, and cold water be sprinkled upon the face, and strong vinegar be rubbed about the nostrils. As soon as they can swallow, give lemonade, or a few drops of sulphuric acid, dropped into a tumblerful of water, and slightly sweetened. A stimulating injection may be given, prepared as follows:

Caster oil, 1 gill; *pulv. Cayenne*, 10 grs.; *molasses*, 1 gill; *table-salt*, 1 teaspoonful; *warm water*, 1 pint. Mix.

No well, vat, or old cellar of any kind, should ever be

entered without first lowering down into it a lighted candle. If the flame is extinguished, or burns dimly, indicating the presence of carbonic acid gas, no one, under any circumstances, should be permitted to enter without removing this foul air. Buckets of water dashed down into the well, or masses of lighted shavings give enough *movement* to the carbonic acid gas to dislodge it. Freshly slaked lime also rapidly absorbs it.

COMMON BURNING GAS.

Persons retiring at night often leave the gas "turned down," and the flame becomes extinguished. Enough gas often escapes to give trouble to the sleeper unless the room is well ventilated. Persons have been known to "blow it out," and suffocation has followed.

Treat as for poison of other gases above described.

APPARENT DEATH FROM BURNING CHARCOAL.

Some persons attempt to warm their sleeping rooms with a portable furnace, or open pan filled with burning coals. This is very wrong, as such coals, while burning, throw off large quantities of carbonic acid gas, a deadly poison. This being heavier than atmospheric air, falls to the bottom of the room, and for a time may do no damage; but, if there be no chimney draught, or window, it will rise above the heads of those in the room, and bring on asphyxia and death.

Let such cases be treated the same as that of "noxious

vapors and gases," with the additional measure of attempting to excite breathing, as in the case of persons apparently dead from drowning.

APPARENT DEATH FROM LIGHTNING.

In such case, the same means for recovery should be used as in apparent death from drowning. Or, the patient may be placed in a current of fresh air, and cold water dashed upon the face and breast, and warm friction be applied, if the body be cold.

Artificial respiration should be kept up until the parts of the brain and nervous system in charge of this duty shall have recovered sufficiently to attend to it; as recoveries after an hour of supposed death are on record.

Some stimulant, as the spirits of ammonia, may be used. Twenty drops, in a tablespoonful of water, every few minutes, may be given; or a teaspoonful of brandy. If a battery can be procured, pass a current of electricity from the base of the back part of the head down the spine, and to the extremities of the limbs, every two minutes; but discontinue as soon as signs of life appear.

APPARENT DEATH FROM STARVATION.

Give repeatedly small injections of warm milk, and after a little while, add to the injections chicken broth or beef tea. When the patient begins to breathe, give a few drops of warm milk every few minutes, and as he revives increase to a teaspoonful every ten minutes. As he still revives and asks for more food, give toasted bread and water, in spoonful doses; and next a little broth or beef tea. Be careful

not to give too much. Let him eat often, but only a little at a time.—[Gunn.

FREEZING.

Treatment—In case of an individual being apparently dead from freezing, he should be rubbed with snow, or ice-cold water; this should be done in a room without a fire; if breathing appears to have ceased, the case may be hopeless, but an effort may be made to restore it by adopting “the Marshall Hall method” (see drowning). After some time the body may be wiped dry, and flannels may then take the place of the snow or cold water; a little weak warm wine, or brandy and water, may be given from time to time. An injection of warm water may be used after the other means have been used for some time, and, as vitality seems to improve, give injections of weak coffee; beef-tea should be given, at first in small quantities, but repeating it or the stimulants as they can be borne without exciting fever. Do not apply heat or have a fire in the room. It is dangerous to your patient.

SHOCK.

Mild forms of shock are often, by the non-professional, confounded with fainting. As far as they extend, the symptoms of an ordinary attack of fainting are similar to those of shock.

Treatment—Place the patient flat on his back with the head *raised over an inch or two*. Stimulants are required. The aromatic character of brandy enables it to be retained by the stomach when whisky and other forms of alcohol are re-

jected. Give a teaspoonful in a tablespoonful of water every two or three minutes, until six or eight have been taken. If the temperature of the body is *raised* by it, and there seems a revival of the action of the heart, *enough* brandy has been given. Ten drops of the spirits of ammonia, in a teaspoonful of water may be given every couple of minutes, until four or five doses have been taken. Flannels, wrung out of hot water, or bottles of hot water properly wrapped up, should be applied to the extremities and to the "pit of the stomach."

CONCUSSION OF THE BRAIN.

This is an interruption to the functions of the brain, from a blow, or other mechanical injury of the head; it may vary in degree, from a slight stun to extinction of life.

Symptoms—Insensibility; pale face; small or imperceptible pulse; snoring breathing; cold extremities; etc. By shaking the patient, or calling his name loudly in his ears (which, however, should never be done), he may give a surly answer, and soon become insensible again. After a time, longer or shorter, according to the severity of the injury, reaction comes on, and consciousness returns, often with vomiting. At first the reaction may be imperfect; it is often several days, or even weeks, before the power of the mind is restored.

Remedies—Moisten the tongue with a few drops of the tincture of arnica, by means of a feather or quill, and repeat the dose every hour, for several times.

The patient should be placed in a warm bed, with his head at first moderately low, and warmth applied to his extremities and arm-pits. On no account should

he be induced to eat or drink; he must also be kept very quiet, and no attempt made to arouse him. When reaction comes on, the head and shoulders should be raised a little, and cold evaporating lotions applied, keeping the patient at the same time in a cool, quiet room, with the light modified, and noise and conversation shut out. He must be under care for two or three weeks, lest some insidious inflammation should arise within the head.

FOREIGN BODIES IN THE THROAT.

When a person is choking, few would think of running off to consult a book; still, as it is desirable to have a clear idea of what should be done, under the circumstances, directions are given, as every person should have some general knowledge how to act, in case of emergency, and should acquire that information by reading during leisure moments.

Foreign bodies, becoming fixed in the throat or gullet, as sometimes happens when eating, may cause death. Efforts are made to cough, and the sense of choking is experienced with all its distressing accompaniments, in the form of distorted countenance and great fright.

Treatment—The patient should be made to sit down, when the finger of the operator should be pushed as far down the throat as possible, to endeavor to reach and dislodge the substance. A surgical bent forceps may help in its removal. If this cannot be accomplished, the piece of meat, or whatever it may be, should be pushed down into the stomach by means of a small bit of sponge tied to the end of a piece of whalebone, or some similar instrument. Surgical cuttlers have these probangs, as they

are called, constantly in stock. A riding whip, a piece of cane or whalebone, cut at the moment out of an umbrella, have been, before now, made available in cases of choking, by wrapping it with silk and then oiling it.

When a fish-bone is stuck in the throat, it may at times be got rid of by eating a piece of bread. Fish-hooks have been swallowed by children. It has been proposed, in the event of such an accident, to drill a hole in a bullet, pass it over the line, in order that the weight of the descending ball may dislodge the hook, which can then be withdrawn, the bullet protecting the soft part. Were I called in to such a case, I should much prefer using the common probang, making a hole in the sponge for the line to pass through, then, guiding it by that, force out the hook, or shielding the end of the probang, to which a silver ring is ordinarily attached, with a piece of sponge; use that end, which would be better able to make force if necessary.

Tying a number of threads of silk to a piece of whalebone, so as to form loops, may make an instrument that would be useful for withdrawing any rough body.

Feathers have been swallowed when attempting to tickle the throat, so as to induce vomiting, and have been withdrawn from the *œsophagus* by such an instrument.

Where glass has been swallowed, it has been recommended to fasten a piece of tallow-candle to a string, swallow it, and then withdraw it. Where other means fail, and the operation is required, it may sometimes be in the power of the surgeon to reach the part by cutting, and so remove the cause of danger.

Where a piece of meat, or other substance, is lodged in the throat, and where no surgeon or no probang can be got, or if got, cannot be used from nervousness on the part of those present, the best course to adopt, is

that recommended some years ago by the late Dr. Marshall Hall.

Pressure being made on the abdomen, to prevent the descent of the diaphragm, a forcible blow should be made by the flat hand on the thorax (chest). The effect of this is to induce an effort similar to that of expiration; the larynx being closed, œsophageal vomiting takes place, and the morsel is dislodged.

If this plan fail, not an instant being lost, the pressure should be kept up on the abdomen, the finger should be introduced into the throat, and the same smart, forcible blow made on the thorax, as before.

A little boy eating some fowl in haste, attempted to swallow too large a morsel and was choked; I ran to him, placed him between my knees, one knee (the right) pressing firmly on the stomach, the other on the back. I then placed one hand (the left) on the back part of the thorax, whilst I gave a firm blow with the other on the sternum. In an instant, I had the joy of seeing the morsel of chicken expelled with force to a considerable distance, and all was safe.

In the absence of anything else, he recommends to get some cotton or linen made into a *firm* scroll and greased; he also suggests a thin, bent tallow-candle.

FOREIGN BODIES IN THE NOSE.

Children, sometimes, in play, introduce things into their noses. If peas, beans, or any other substances, be thrust in, no time should be lost in getting them out, otherwise, as they enlarge, they become more firmly fixed. Hard substances, which remain unchanged by moisture, are of less consequence, and may remain some days with-

out causing much inconvenience, and often drop out of themselves.

The effect of a pinch of snuff may be tried, as a means of dislodging them; keeping the mouth and the opposite nostril closed, and then forcing air through the other, may also be tried.

These means failing, a bent wire or scoop may be used; in some cases it becomes necessary to push the foreign body back into the throat. These cases, however, must be treated by a medical man, where any such course is necessary. Where inflammation is produced, by the substance itself, or the attempts to remove it, *arnica* should be given, and the nostrils washed as far as they can be reached, with *arnica* lotion.

FOREIGN SUBSTANCES IN THE EYES.

When the substance is beneath the lower lid, draw the lid down, and ask the patient to look up, then with the head of a pin covered with a soft silk or cambric handkerchief, remove the substance. If it is beneath the upper lid, take a knitting needle in one hand, place the end across the upper lid about half an inch from its edge, take hold of the eyelashes with the fingers of the other hand, and gently raise the edge of the lid while you press the pencil or needle downward, so as to turn the lid inside out over the pencil, when an assistant can readily remove it. Small particles of steel are sometimes driven into the ball; they can be removed with the sharp point of a needle or knife, but when practicable apply to a physician or surgeon to remove.

Mortar or lime is rapidly destructive. If seen *immediately*, the eye should be washed with a tepid solution

of one part vinegar and eight of water. The lids should be everted, as above directed, and every particle of lime removed. Grains of *gunpowder* may be removed with plain tepid water.

When the foreign body is removed, a weak solution of *arnica* should be applied to the eye, by means of lint or soft linen, and covered to prevent evaporation.

Instead of using the vinegar and water, as above directed, sweet oil is equal, if not superior. It should be at once dropped or rubbed into the eye. After the particles of lime have been removed as carefully as possible, the eye should be opened in water, as well as syringed with water.

Another method of removing substances from the eye, immediately after the accident has occurred, is to catch the lashes of the upper lid between the finger and thumb, then draw the lid gently outwards and downwards as far as it will go, then let it return to its place. In doing this the lower row of lashes sweeps out the inner surface of the upper eyelid, and in this mannner removes anything that may adhere to it. Any person can do this for himself.

FOREIGN SUBSTANCES IN THE EAR.

When a solid substance gets into the ear, and you have no forceps, and can not extract it without, call in a physician immediately.

To remove foreign substances from the ear it is better, where it is possible to do so, to use a small syringe and tepid water, than the forceps. If an insect gets into the ear, deluge it with sweet oil—with a syringe, if you have it. If you have not the sweet oil, use lard oil, or melted lard.

HYDROPHOBIA (Rabies).

This is a disease resulting from the bite of a rabid dog, or from its licking an abraded portion of the skin, the chief characteristics of which are severe constriction about the throat ; spasmodic action of the diaphragm ; a peculiar difficulty of swallowing, and consequent dread of fluids ; anxiety and restlessness ; followed by exhaustion, delirium and death.

Symptoms of Rabies in the Dog—According to Youatt, the earliest are, sullenness, and frequent shifting of posture ; loss of appetite ; lapping his own urine ; disposition to lick cold surfaces, to eat straws, *excrementitious* matter, and other rubbish ; and fighting with his paws at the corners of his mouth. A very early and constant symptom is *change of voice*, every sound uttered being more or less changed.

The amount of *ferocity* varies ; some show extreme fondness ; while others bark and rush to the end of their chain to meet an imaginary foe ; or, if loose, rush out, biting every one they meet. There is *no dread of water*, as in human beings, but, on the contrary, great thirst ; and the saliva becomes viscid, and adheres to the mouth. In the last stages of the disease, the eyes become dull ; the hind legs, and afterwards the muscles of the jaw, are paralyzed ; and the animal dies exhausted, in from four to six days.

Symptoms in Man—These are not manifested till a period after receiving the infection, varying from a few weeks to one or two years ; the wound having probably healed, and the scar presenting no remarkable appearance. Twitching and itching sensations are sometimes felt in the vicinity of the wound prior to an attack. Sometimes there is stiffness, or numbness, or partial palsy ; or the wound may be red and swollen ; there is an indistinct feeling of un-

easiness and anxiety, with giddiness, chills, heats and a general feeling of being unwell. The special symptoms are arranged under three heads; consisting 1, of a *spasmodic affection of the muscles of the throat and chest*: the act of swallowing commonly exciting convulsions, makes the patient afraid to repeat the attempt; hence the horror of all liquids which is so remarkable a feature of the disease. 2, *An extreme degree of sensibility of the surface of the body*. 3, *Mental agitation and terror* frequently mark the disease throughout. To these symptoms we may add, extreme thirst; the secretion of a remarkably viscid saliva, the effort to swallow which brings on the convulsive fits; the convulsions increase in frequency and violence; the lips and cheeks become livid, and perpetually quiver; till, at length, one fit lasts long enough to exhaust the remaining strength.

Cause—A bite from an animal already affected with hydrophobia. It is asserted and generally believed in India, that rabies never originated in dogs, but can always be traced to a mad jackal or wolf entering a village or town, and biting the dogs. Close confinement, want of fresh water, unwholesome food, etc., may have some influence in developing the malady.

Remedies—1. The following treatment has proved effectual in hydrophobia: At the time of the paroxysm, divest the patient of all clothing, and bandage the eyes. Put him into a bath-tub in the following manner: Place a thermometer in your bath-tub, and when you have prepared the water at a temperature of sixty-five degrees Fahrenheit, plunge him into it without regard to his remonstrances. Repeat the bath whenever the paroxysms return. It is important that the patient should neither see nor hear the water, nor know of the proposed bath; for this disease is aggravated by either. One of the secrets

of the cure is the suddenness and unexpectedness to the patient of the application.

2. A Syrian missionary gives the following, as the most celebrated remedy used in that country, for the cure of hydrophobia: Add about three handfuls of stramonium (*jimson*) leaves to one quart of water; reduce to a pint by boiling; strain, and give the whole to the patient at one dose, as soon as possible after the bite. It will seem to produce most violent madness, but it will be of short duration. After which, there will follow profuse perspiration, and, in twenty-four hours, the patient is cured. This missionary, R. P. Legrand, reports many cases in which this remedy had been employed, in that country, and, in each of which, it had been successful.

German Remedy—A German forest keeper, eighty-two years old, not wishing to carry to the grave with him an important secret, lately made known a recipe he has used for fifty years, and which, he says, has saved several men and a large number of animals from a horrible death by hydrophobia. Bathe the bite as soon as possible with warm vinegar and water, and, when this has dried, a few drops of muriatic acid poured upon the wound will destroy the poison of the saliva and relieve the patient from all present or future danger.—[*Dr. Caswell*.]

Curious Method of Treating Hydrophobia in Mexico—“The person under the influence of the disease must be well secured, that he may do no mischief to himself or others. Soak a rennet in a little more than a half-tumbler of water for about five minutes; when this has been done, add of pulverized savadilla (*Indian barley*) as much as may be taken up by the thumb and three fingers. Mix it thoroughly, and give it to the patient (that is, force it down his throat in the interval between the paroxysms). The patient is then to be put into the

sun, if possible, or placed near the fire, and well warmed. If the first dose tranquilizes him after a short interval, no more is to be given; but if he continue furious, another dose must be administered, which will infallibly quiet him. A profound sleep will succeed, which will last twenty-four or forty-eight hours (according to the strength of the patient's constitution), at the expiration of which time he will be attacked with severe purging and vomiting, which will continue until the poison be entirely ejected. He will then be restored to his senses, will ask for food, and be perfectly cured."

If a person is supposed to have been bitten by a mad dog, or other rabid animal, he should use, for his daily drink, in place of tea, coffee or water, the following: A tea, made of equal parts of dried black-snake root and dried sage. This tea may be sweetened to the taste of the patient, but it is supposed to be better to be drunk without sugar. Continue this beverage for one whole year, and let the patient take his food free from salt, or, at least, in very small quantities. If this course be steadily pursued, as directed, it is almost certain, that, at the expiration of the time indicated, the system of the patient will not contain a particle of poisonous material introduced by the bite of the animal.

SPRAINS.

Sprains are simply the effects of over-doing, or straining the muscles or ligaments, tendons or cords, producing swelling, soreness, pain, and disabling the joint for use. One of the very best means for the relief of sprains is a thorough application of beef-brine to the part, by

bathing, and wrapping the part in cloths saturated with the brine.

The plantain leaf, mixed with vinegar, is a prompt and effectual application. It is to be thoroughly bruised, and a small quantity of vinegar added, and applied in the form of a poultice, and occasionally renewed. This has been known to relieve a person in twenty-four hours, in whom the difficulty had resisted the efforts of the medical attendant for weeks in succession, and during which time the patient had been unable to walk, or place his foot on the floor, without experiencing the most intense pain.

The following is another, that is reputed effective: "Mix a little turpentine with flour and the yolk of an egg, and apply it as a plaster. This cures in a desperate case."

The tincture of arnica is a very popular, and likewise efficacious remedy, in this affection. It should be applied several times a day, by first diluting it with equal parts of water.

BRUISES.

Under this head we include all injuries from blows and falls, which are of so serious a character as to require medical aid. Apply a cloth, wrung out of very warm water, and renew it often until the pain ceases. The moisture and heat liquefy the blood and send it back to its proper channel. Use hot water, or very warm water, but not cold. It should be applied as soon as possible, and as hot as it can be borne. It is excellent to prevent stiffness. If the bruise is on the hand or foot, it will do to put it into the water and keep it there for some length of time, but it will be better to apply it with a cloth as

above, only be sure and apply it often enough to keep it hot. This will also prevent any discoloration of the parts.

Common table salt is a most admirable remedy for bruises. Saturate cloths with a strong solution of it, and apply.

Petroleum (the crude article) is said to be unsurpassed for removing the soreness of bruises and wounds, and for promoting the healing process.

Tincture of arnica is the usual remedy for bruises, and is a very effective application. It should be prepared for use by adding two teaspoonfuls to half a teacupful of water, and the bandages, or other dressings, kept saturated with the solution.

When no other remedies are at hand, apply raw beef. In ordinary cases, no other application will be needed. See page 453, vol. ii.

CRAMP IN THE LEGS.

Symptoms—Sudden contraction of the muscles of the calf of the leg, frequently the result of indigestion.

Remedies—1. Make a strong tea, of the high cranberry bush bark, and drink one-third of a teacupful, and it will stop the cramp in twenty minutes.

2. Another good remedy is the bark of the root of the black haw (*Viburnum Prunifolium*), which should be prepared and taken as the first. Persons who are troubled with cramping, should obtain either of the above remedies (the former being the better), and take it for a week or two, night and morning, and their trouble will seldom return. There are no remedies employed that compare with it in the cure of this affliction; and if physicians would come down to these simple medicines, their success would

be far greater in the treatment of this difficulty, and, we might add, in most other diseases. These remedies act equally in the cramps attendant upon pregnancy, and perfect confidence can be placed in their action, for this purpose.

The following is a good means for relieving this difficulty: Press the foot firmly against some hard substance, as the wall, the floor, or bedstead. Sometimes, immediate relief is obtained by rubbing the limb downwards with spirits of camphor, or the tincture of Cayenne pepper.

When the cramp is in the *calf of the leg*, draw up the foot strongly towards the shin-bone, and in a few seconds the cramps will pass off. When they are in the *thigh or arm*, tie a cord around the limb just above the cramped part, and then rub this part.

Immersing the parts in hot water is another good plan for obtaining relief.

COMMON OR FLATULENT COLIC.

Symptoms—Severe twisting, griping pain in the abdomen chiefly around the navel, relieved by pressure so that the patient doubles himself up, lies on his stomach, or rolls on the floor, writhing in agony. The bowels are generally constipated, but there is a frequent desire to relieve them, although little passes but wind; there is no fever, nor is the pulse even quickened, unless after a time it become so from anxiety. The paroxysms of pain are owing to the efforts of the bowel above to force downwards the mass of accumulated gas or fæces, while the lower portion is contracted.

Colic is sometimes mistaken for inflammation of the

bowels, and for rupture; but it may be distinguished as follows: In *colic* there is no fever, no acceleration of the pulse, no serious apprehensive anxiety, the pain is relieved by pressure, and there are intervals of almost complete relief. *Inflammation of the bowels*, on the other hand, is attended with fever and *extreme tenderness of the abdomen*, causing the patient to avoid any movement which would bring into action the abdominal muscles, so that he breathes by the chest alone; and although there are *paroxysms* of severe pain, there are no complete intermissions. Colic may be distinguished from *rupture* by the tumor which exists in the latter disease, but which is absent in the former.

Causes—Errors of diet, such as eating a mass of heterogeneous, acrid, indigestible food, or acid fruits; Cold, from wet feet or suppressed perspiration; worms; constipation, etc. It may also arise from stricture of the intestines.

Remedies—In most forms of this disease, we doubt if there is any remedy equal to sugar and hot water. We have known it to cure the most violent cases as if by magic. One dose seldom fails to give immediate relief, either in common or cramp-colic.

1. To one teacupful of hot water, add one table-spoonful of sugar, and drink as hot as can be borne.

This remedy, as powerful as it is simple, may well banish from the couch of helpless infancy and childhood the soothing-syrups, cordials, paragogics, and all the other deadly opiates with which it is customary to dose those innocent sufferers, as it will surely save their parents from many sleepless nights of pain and anxiety. For infants and little children, a very small amount of it only will be necessary. Brown sugar should be used, in preference to white, when it is at hand.

2. Dr. Beach says, "A person had been several

days in great pain with this disease, constipation, etc. Four physicians were in attendance, but all their endeavors to alleviate the pain were of no avail; another physician was sent for, who immediately ordered tobacco injections, which afforded relief and shortly cured him. Take tobacco, a teaspoonful; boiling water, one pint; inject."

3. The application of hot dry salt, in a small bag, or folded in a towel, will often give relief. This is always to be had, it is soon heated and has this great advantage over hot fomentations, that it does not leave the patient wet after his pain is relieved. By keeping two napkins in use, the salt for the one may be heated while the other is applied. In all cases of colic the heat gives relief almost from the first application, and is by far preferable to any mode of applying heat, whether dry or wet.

4. In many cases, salt, taken internally, will afford speedy relief, if used at the commencement of the attack. Dose, one-half to a teaspoonful dissolved in a teacupful of cold water.

Spearmint, or peppermint tea, is also very good in this disease, if taken freely. See page 455, vol. ii.

Cramp-Colic—The wild yam, taken as directed in "Bilious Colic," is a very prompt remedy, and reputed to be a specific in cramp colic.

This is only a more intense form of the common colic, and the same remedies are adapted to both forms of the disease.

The doses given in this disease, as well as all others, mentioned in this book, are intended for adults. For children, see "Table of Doses for Children."

Accessory Means—Hot flannels over the abdomen; or a *copious injection of warm water*, is often followed by immediate relief. Food of a flatulent character,

especially vegetables, and every kind that has been found to disagree with the patient, should be avoided. Persons subject to colic may be benefited by wearing a piece of flannel around the abdomen, and having the feet well protected from damp.

Painters' or Lead Colic—Lead miners, plumbers, manufacturers of white lead, and painters, are subject to this affection. Persons using water which has passed through or stood in lead pipes or cisterns, are liable to attacks of it. Many of the symptoms are similar to those of other forms of colic; but the pain generally commences less abruptly, and is at first dull and afterward increases and extends to the back and sides. The stools are usually hard, dry and knotty, but sometimes there is diarrhea.

Remedies—1. It is well, sometimes, to put the patient into warm water, for half an hour, in order to relax the muscular system, and overcome the spasms of the bowels.

2. A decoction of ground ivy (*Nepita Glechoma*), used freely, is stated not only to ward off the disease, but to cure it when once developed.

3. Malic acid, will also be found a very useful agent, in preventing and removing this painful disease. It can be procured at drug-stores, and it also exists plentifully in the juice of apples, currants, barberries, and other fruits.

4. Iodide of potash, one-half an ounce; water and simple syrup, of each two ounces. Mix. Dose, one teaspoonful every three hours. If it is desired to use other remedies than those specified above, those recommended for bilious colic may be employed. (See "Accessory Measures," under common or flatulent colic, which are applicable to this disease).

BILIOUS COLIC.

This disease is characterized by severe colic pains, which are often attended by vomiting of yellow and green bile. An attack is often preceded by nausea, yellowness of the skin and eyes, and uneasiness in the right side. There is occasionally partial paralysis of some portion of the upper and lower limbs. The disease may be caused by improper food, or exposure to cool nights in warm weather, or over-eating.

In all cases, examine the abdomen carefully, and see if you can find a rupture, which will be manifested by a tumor or swelling, usually situated either at the navel or in the region of the groin. A warm bath is one of the best measures in every form of colic. Cloths, wrung from hot water and applied over the bowels, often afford some relief. In all cases where the bowels are costive, or in any case where there is no diarrhea, injections of warm water will be found useful. Also let the patient drink freely of warm water, sweetened, especially if there is nausea and vomiting.

Remedies—1. A strong tea of the *wild yam* (*Dioscorea Villosa*), given in tablespoonful doses, every ten minutes, will cure almost any case of bilious colic. It is regarded as a *never-failing* remedy. If the medicine is vomited, repeat the dose. In a few hours relief will be obtained.

The active principle of this plant, called *Dioscorein*, may be given in five-grain doses. Or the fluid extracts, in one-half teaspoonful doses, where the root cannot be obtained. This remedy is said to be equally good for cramp-colic.

2. The American or wild ipecac has the reputation of being a prompt cure for this disease. Dose, ten to fifteen grains, or as much of the powder as will lie on a ten-cent piece, every half-hour.

3. If you have neither of the above remedies at hand,

mix two tablespoonfuls of corn-meal in a tumblerful of water, and drink at two draughts. It very frequently gives relief.

4. Two tablespoonfuls of ground mustard in a tumbler of hot water, drinking at the same time large draughts of warm water until vomiting is freely produced, is often very efficacious

Dr. M. Curtis says he has never found anything to equal the following, in effecting speedy relief and soothing the patient, when he seems to be almost in the agonies of death :

5. Half a pint of soapsuds (Castile soap), one tablespoonful castor oil, half a pint of water, a small handful of poppy leaves. Mix. After standing a short time, strain and use as an injection.

6. Dr. Lane recommends the following as affording effectual relief in this affection, in a very large proportion of cases, without any medicine: "Lie on the back, with the head the lowest, and rub the bowels towards the head, at the same time bearing down upon them." See "Accessory Measures," under common or flatulent colic.

WOUNDS.

Incised Wounds—Incised wounds are those that are made with sharp, cutting instruments

How to Check the Flow of Blood—If the blood, flowing from a wound, is dark-colored and does not flow in jets, but in a steady stream, it can generally be checked by applying cold water and exposing the cut surface to the cold air. If the vessels from which it flows are small, or when an artery of the arm is cut, elevating the wounded

limb above the head will tend to arrest the flow of blood. In a wound of a lower limb, raise the foot, so that it shall be higher than the hip, until the bleeding ceases.

If these measures do not soon relieve, or if large veins are wounded, Dr. Ellis gives the following valuable directions for their management: "Compress the veins with the ends of the fingers, or by a compress, bound to the part by a bandage, or held by the hand. It is never well to heap on a large quantity of rags or cloths, for they only absorb the blood; a few thicknesses, with steady compression, are far more efficacious. If the blood is of a bright color, and flows in jets, it shows that an artery has been wounded, and that there is more danger of serious hemorrhage. If the artery is small, by compressing it firmly with the end of a finger for a few moments, the bleeding will often cease. If it is larger, but not very large, and a surgeon or physician is not at hand, it may be compressed by the finger until a small pair of forceps can be obtained, with which the bleeding vessel may be seized, and either twisted around once or twice, or drawn out and tied with a strong thread.

After making compression with the fingers, as described, take a piece of cloth or handkerchief, twist it cornerwise, and tie a hard knot midway between the two ends. This knot should be placed over the artery, between the wound and the heart, and the ends carried around the limb and loosely tied. A stick, five or six inches long, should be placed under the handkerchief, which should be twisted until the knot has made sufficient compression on the artery to allow the removal of the fingers without a return of bleeding. Continue the compression until a surgeon or physician can be called.

If the end of the bleeding vessel can be seen, it may be directly compressed with the finger, in connection with

the compression below. If the wound is low down in the neck, the only chance may be to press into the wound upon the bleeding vessel. If an artery in the arm is wounded, the main artery may be compressed near the arm-pit, or lower on the inside of the arm; or a handkerchief may be tied around the arm above the wound, and always above the elbow, even if the wound is below; and, with a stick, the handkerchief may be twisted until it stops the flow of blood. It will the more readily do this if a compress of cloth or of a stick, or stone, half as large as a hen's egg, is placed under the handkerchief, over the course of the artery, on the inner side of the arm.

How to dress Wounds—Having arrested the hemorrhage, the next point is to see that the wound is free from all foreign substances, such as dirt or bits of clothing; also, as far as practicable, from clots of blood. After the hemorrhage has ceased, the wound may be washed out with tepid water, but if there is still some oozing of blood, cold water may be used.



Fig. 4. The manner in which strips of adhesive plaster are applied to wounds.

If it is very large, one or more stitches may be required,

which can be made with a common needle and coarse linen or silk thread, if a surgeon or physician can not be obtained within an hour or two. Narrow strips of adhesive plaster should be used to draw the edges of the wound accurately together, as indicated in the above cut.

At the end of four days the stitches should be cut on one side close to where they enter the skin, and by taking hold of the knots they should be drawn out. If an artery has been ligatured, one end of the ligature should be left hanging out of the wound when it is first dressed, so that it can be withdrawn when it becomes loose. Over the adhesive plaster may be put a few folds of cotton, and a bandage around the whole, if the parts are adapted to a bandage. The strips of adhesive plaster should not be removed until the wound is well, which will usually require the best part of a week, before it will be safe to remove the dressing entirely, or exercise the part. Nature effects the cure; all that art can do is to furnish favorable conditions. Excessive inflammation sometimes occurs, although rarely, especially in cut-wounds; but when it does, if not soon relieved, it will prevent healing. In such a case cold, and if that does not relieve, warm applications—simple cloths wrung from cold or warm water, or a bread-and-milk poultice—are all that are necessary. But where there is not much inflammation, no applications are necessary, more than the first dressings of straps and bandages; and often the latter may be dispensed with.

But in order for wounds to thus heal in four or five days, they must not be tampered with before being dressed; they must be dressed within a very few hours—within one or two, if possible—after being received, and be let alone after they are dressed until the parts have time to heal.

But a good deal of ignorance prevails with many, which is the cause of much mischief and unnecessary suffering.

Every man and woman, almost, has a cure-all for cuts and wounds ; one applies soap and sugar, another whisky, another salt, and another some quack plaster, ointment or liniment. With not a few, tobacco is a sovereign remedy. Not long since, I was called to dress a finger, which had been nearly severed, and found the wound stuffed full of this poisonous and filthy weed : the result was, the young man lost his finger. All such applications, when made to the surface of a wound, cause an unnatural irritation, and it is always very difficult to heal a wound, by first intention, after they have been once applied ; and it is generally impossible to avoid suppuration, and consequently much unnecessary suffering, loss of time and deformity. But as wounds generally get well in spite of bad treatment, the nostrum used gains credit through the ignorance of the user. No application, then, should generally be made to the kind of wounds we are now considering, except such as are necessary to keep the two surfaces of the wound accurately together ; and often all that is needed for this purpose, especially about the extremities, are a bandage, and a small compress, or two, of cloth or cotton. Where these are not sufficient, adhesive plasters, and occasionally stitches, are needed, as directed above. No irritating applications should ever be made to the raw surface of a fresh cut, as it not only causes severe suffering, but it also serves to lessen the chance for a speedy cure. The application of salt, spirits of turpentine, and like stimulating substances, to cut surfaces, in the lower order of animals, is cruel in the extreme. The oil of turpentine may sometimes be applied to the hair around the wound, when it is difficult to confine dressings to the parts, to keep the flies away, but care should always be taken that it does not enter the wound.

Nature her own Healer—The union of the di-

vided parts is effected by the action of the divided blood-vessels, and not by salves and ointments. The only object of dressing is to keep the parts together, and protect the wound from air and impurities. *Nature*, in all cases of injuries, performs her own cure. Such simple wounds do not generally require a second dressing, and should not be opened until the incisions are healed.

These remarks apply, of course, to a simple, incised wound, when union takes place at once, or with but little suppuration (making of pus). This cannot always be secured, from suppuration of the sides of the wound after the dressing has been applied, or an unfavorable condition, as it is said, of the blood. In such a case the blood or pus must be removed once a day, as a rule, the surfaces of the wound kept together, as much as possible, by adhesive strips, until a junction is effected. Do not use too much soap and water, as the only object of them is to better and more easily remove the foreign matters (blood and pus), which, if retained, act as irritants; but not to remove the healing material poured out by nature for *joining* the separated surfaces.

Razor-Cuts—In shaving the face, cuts are sometimes made which bleed to a troublesome extent. A crystal of common alum should always be kept with the apparatus, the bleeding absorbed by a fold of the towel, and then, before the blood can accumulate, thrust into the incision the edge of the crystal, holding it there a few minutes. If the bleeding continues, it is because the alum does not reach the divided vessel, and the wound should be wiped out until it can.

Fainting from Loss of Blood—If the patient faints from the loss of blood, lay him on his back, with his head low, and give him a spoonful of brandy and water, or a drop or two of camphor, and dash cold water in his face.

Or the patient may take five or ten drops of the spirits of ammonia in a little water. The dose may be repeated in ten or fifteen minutes, until the patient is sufficiently recovered.

CONTUSED AND LACERATED WOUNDS.

These are produced by cudgels, bullets, or whatever else of a blunt nature, tears asunder the muscular fibres, leaving uneven surfaces.

These wounds need careful cleaning and removal of clots. The *general* treatment may be the same as for "Incised Wounds." As soon as any alarming bleeding has been checked by the application of ice or cold water to the blood-vessels, or, if necessary, by pressure upon them, bring the edges of the wound together by strips of adhesive plaster; *remembering*, in applying them to a contused wound, that there must necessarily be inflammation of the bruised parts, with consequent discharges. After sloughing has begun *poultices* are often of use in favoring the process.

To prevent inflammation the applications should be cool, or even cold. If the parts are much bruised or swollen, apply cloths wet in cold water, or what is better, a solution which contains a teaspoonful of calendula to half a pint of water.

But if the wound becomes inflamed, warm applications do better—simply cloths from warm water, or a warm bread-and-milk poultice. After the inflammation is relieved, the more simple the dressings the better, for nature heals the wound, and the danger is that the applications which are made may do harm.

PUNCTURED WOUNDS.

These are made by a sharp-pointed instrument, as by a dagger, bayonet, scissors, etc. Punctured wounds are not only dangerous on account of their depth, injury of blood-vessels, nerves, or vital parts, but they also frequently give rise to extensive inflammation. Immense agitation of the nervous system, even to lock-jaw, follows.

If very deep, they should not be allowed to heal at the surface very speedily, and consequently should not be closed up with adhesive plaster. They are very apt to become inflamed, if allowed to heal by the first intention at the surface.

Once a day, or oftener if the wound is discharging, it should have the dressing changed, to insure neatness and escape of pus.

Under the head of "Punctured Wounds," may be mentioned those produced by a thorn, splinters of wood, or a piece of metal. In all cases, if it is a splinter or thorn, it should be taken out; not by poking at it with a needle, which *adds* to the irritation, but by making an incision or cut along its course, so as to expose it enough to get a sufficient hold of it. If the splinter is under the finger nail, and cannot be pulled out, the nail immediately above should be scraped as thin as possible with a piece of glass, and then the thin nail overlying should be split with the blade of a knife, or an incision made on each side of the splinter, the tongue of nail between the incisions removed, when it can be taken out.

When the finger, hand or toe, has been pricked, particularly by anything foul, as a rusty knife or nail, the opening does not permit the escape of the retained foreign particles, inflammation results, and lock-jaw supervenes in many cases.

Whenever such wounds are received, an incision should be made into the puncture, thereby providing a suitable escape for the blood, pus, etc. This can be done by almost any one.

In washing clothing, an entire needle is sometimes forced beneath the skin. Do not attempt to get it out, but hold the part quiet until a physician or surgeon can be procured. The slightest movement often places it beyond detection. When this happens, there is no occasion to be alarmed, as the needle passes in between the muscles, and cannot even be felt as painful. It does no harm there, as inflammation almost never results.

Remedies—In case of pain, swelling or inflammation occurring in the part, in consequence of the presence of a splinter of wood or bone, that has not been, and cannot well be, removed, apply a poultice of bread and milk, or of flax or linseed meal, in order to promote suppuration, or the formation of “matter.” When this takes place, and is discharged, the splinter will commonly be discharged with it.

Calendula Lotion—The tincture of marigold (*Calendula*), diluted with water, forms an excellent lotion, or wash, to arrest bleeding and check suppuration. When it is necessary or proper to accomplish these objects, the lotion is often employed with great benefit. It is also a very useful agent to effect the healing of cuts and bruises. The lotion is prepared by adding a teaspoonful of the tincture to half a teacupful of water.

Petroleum—When this is applied to wounds, it will remove soreness and tend to heal them rapidly.

Arnica Lotion—This should be prepared by adding two teaspoonfuls of the tincture to a half-teacupful of water.

After the wound is dressed, the bandage may be kept wet with this lotion.

In case of internal wounds, give the patient one or two drops of the tincture, in a little water, every four hours.

Arnica lotion is useful and efficacious in wounds and bruises, especially when the skin remains unbroken, and may be freely applied.

Dressing of Wounds—Wounds should never be uncovered, for the purpose of being dressed, until everything that is required during the process is close at hand.

Old dressings that have become fast to the surface of a wound should *never be pulled off sharply*, but should be previously loosened by bathing with warm water.

Discharges should be cleaned away from the edges of a wound, and from the surrounding parts, but the surface of the wound itself should be left undisturbed.

A soft surgical sponge should be used, or else cotton or tow soaked in water: when, as in burns, the wound is extensive, but a part of it should be uncovered at once.

GUNSHOT WOUNDS.

After cleansing the wound, inflammation must be kept down by cooling applications, elm-poultices, etc. Treatment for these should be the same as named for punctured wounds. Be careful never to enlarge a gunshot wound by the introduction of tents, or cutting them.

DETECTION OF FRACTURE (Broken Bone).

A few words on the immediate management of cases of broken bones seem necessary, as a surgeon is not always just at hand, and it is necessary to be prepared to act till surgical attendance can be had.

Symptoms—A fractured bone may generally be detected by having felt or heard it *snap*; by some *deformity*, such as bending or shortening; by the fact that if the upper end of the bone is held firmly by the hand, the lower part may be moved independently; also by a grating noise which may be heard, if the broken ends are rubbed against each other. Further, there will be pain, loss of power of the broken part, and other symptoms. Fracture is said to be *simple* when there is no wound of the skin communicating with it; *compound* when there is such a wound.

Causes—*Mechanical violence* is the most frequent; but muscular contraction is sometimes a cause. Old age, some diseases, excessive drugging with mercury, and prolonged disuse of a limb, render bones liable to fracture from trifling causes.

Immediate Treatment—A broken leg should be fastened to the whole one, by a handkerchief at the ankle and above and below the knee, before the patient is removed.

The patient must be moved *gently*, and special care taken to prevent the broken bone from being forced through the flesh and skin. He should be placed on a stretcher or litter, and taken to his home, or to a hospital. A litter may be made, of a couple of poles and a horse-blanket or sack; even a door or hurdle may serve the purpose. Placing him on this, and carrying him by two men, is much better than removal in a cart or carriage. It is important *not to be in a hurry*, as an injury is often greatly aggravated by carelessness or too hurried measures. When a surgeon is within a moderate distance, after making the patient as comfortable as possible, it is better to wait a little, so that he may superintend the moving.

The patient being placed in the most comfortable

position possible, the injured parts should be well bathed with *arnica*. This may be applied by means of a sponge or piece of soft linen rag. Should the fracture, however, be a compound one with disposition to bleed, *calendula* lotion should be used instead of *arnica*.

FRACTURED COLLAR-BONE.

In fracture of the clavicle, or collar-bone, a pad should be placed in the arm-pit, so as to raise the shoulder upwards and outwards. The knee of the operator being pressed against the back, admits of the shoulders being drawn backwards; this will allow the broken ends of the bones to come together; bandaging will then be required to keep the parts in this position. The shoulders can be kept backwards by a bandage, going round each shoulder and crossing on the back. Another, or part of the same bandage, will keep the arm to the side, while a handkerchief from the neck will form a sling that will raise the arm.

Fractured Jaw—Fracture of the lower jaw may generally be detected by inequality of the teeth, and by the crepitus, or grating. In some cases it may be hidden by the swelling, considerable difficulty being experienced in making a diagnosis, or detecting the injury.

The parts should be carefully adjusted, and kept in their place by a piece of pasteboard softened in hot water. A piece of calico, about four inches wide and a yard and a half long, should be torn from each end longitudinally, leaving about seven or eight inches in the middle untorn. Another longitudinal tear should be made in the centre of this, sufficient to let the chin slip in. Two ends should

be tied on the top of the head, and the other two brought round to the back of the head; this keeps the jaws in contact. A thin piece of cork should be placed between the molar or back teeth; the patient should remain in bed, with the head bending towards the chest. Sometimes the teeth require to be fastened together by strong thread.

Fractured Ribs—Fractures of these bones may be recognized by the detection of crepitation, or grating, felt during inspiration; also by feeling along the bone with the fingers, till they pass over the fracture, when the difference between that part and the sound portion becomes perceptible. It must, however, be recollected that in fat persons these sources of information may fail; the pain, however, will direct attention to the seat of the injury, and create a suspicion of what has happened. These accidents are apt to happen when many persons are squeezed together from the pressure of a crowd.

The usual course, when a fracture is known to exist, and where it can be borne, which in some cases cannot be done, is to put a broad bandage or towel round the ribs, tightly applied, and supported over the shoulders by straps. The arms are kept to the side and perfect rest enjoined. In addition to the treatment by *arnica* internally, use *arnica* lotion externally, as directed under that head.

Detection of Dislocation—Our attention is called to the accident that has happened, by the deformity of the joint, or the diminution of the power of movement. The limb is found to be shortened or lengthened; it often happens that the ligaments are torn. Dislocation may occur with fracture, and is at times mistaken for fracture. It may, however, be recognized by the absence of crepitation (the grating described under the head of fractures), the diminution of the power of movement, the elongation

of the limb, which is most frequent in dislocations (in fracture the limb being shortened, and further, by the remedial process of making extension), if the head of the bone is restored to its place; the improved condition being evident.

Result of Neglected Dislocation—If a dislocation is allowed to remain unreduced, a sort of false joint is formed, new tissues being created to serve the purpose of those no longer in use. Imperfect movement and deformity result.

Treatment—No time should be lost in attempting to reduce the dislocation, the very state of faintness induced by the injury being often of great service to the operator in enabling him to replace the bone with ease, while the delay of a few hours is likely to make the operation in every way much more difficult. The body of the patient is to be held firmly, so that the socket of the joint from which the bone has been dislodged may be maintained in a fixed position. The dislocated portion is then to be drawn or extended, in such a manner that the head of the bone may be returned back into its natural cavity by the action of the muscles.

A sudden pull or jerk may sometimes reduce a recent dislocation; those of longer standing are much more troublesome to manage.

In those cases where the cavity of a joint communicates with the open air, especially when further complicated with fracture, amputation may be called for. Medical assistance should be obtained as soon as possible.

Arnica in solution should be given every three hours, and arnica-lotion applied externally, the parts being enveloped in linen, wetted with the lotion. See “Arnica-Lotion.”

DIVISION THIRD.

GENERAL DISEASES.

ASTHMA.

Asthma is a spasmodic disease, characterized by paroxysms of difficult breathing, with great wheezing, and a dreadful sense of constriction across the chest; each paroxysm terminates by the expectoration of a more or less abundant quantity of mucus.

Symptoms—A paroxysm generally occurs in the night, particularly from midnight to early morning; the patient wakes suddenly with a sense of suffocation, springs up in bed, and assumes various postures; or he even rushes to the open window, where he leans forward on his arms, employing all the muscles of the neck, back, and chest to assist respiration; and, wheezing loudly, from the great obstruction to the entrance and exit of air, labors for breath like one struggling for life. The countenance bears evidence of great distress; the eyes protrude; the skin is cold and clammy; the pulse small and feeble; the perspiration stands in large drops on the forehead, or runs down the face; and he often looks imploringly, sometimes impatiently, at his medical attend-

ant for relief from his misery. At length, after an uncertain time, one to three hours or longer, there comes a remission; cough ensues, with expectoration of mucus, and the paroxysm ceases, permitting the sufferer to fall into the long-desired slumber.

The attacks are unattended with fever, but are generally preceded by some disturbance of the digestive organs. They are often periodic and sudden, and attended with distressing anxiety.

Causes—Irritation of the nerves of respiration, resulting in most cases from deranged digestion, from the intimate nervous connection existing between the digestive and the respiratory organs; it may also be produced by changes in the moisture of the atmosphere, or, again, by the introduction of some poisonous but subtle material floating in the atmosphere, and brought by inspiration into contact with the lungs, such as the minute particles, or the mere odor, which passes off from powdered ipecac or hay; the vapor of sulphur, sulphurous acid gas, or chlorine. Asthma is often associated with the gouty or rheumatic constitution. Excessive exertion and mental emotion frequently bring on a paroxysm. After it has once occurred, asthma is easily reproduced by indigestion, especially after *late dinners* or *suppers*. A frequent repetition of the fits leads to a dilated state of the air-passages and air-cells of the lungs, dilation of the right cavities of the heart, and the general displacement of that organ which uniformly exists in persons who have long suffered from this disease. The disease may also be hereditary.

Remedies—1. Persons who are subject to the asthma usually know when a fit is coming on. The warning of an approaching attack should receive prompt attention. Soak the feet in warm water, and endeavor to

get up a perspiration by drinking warm herb-tea. By immediate attention, a fit may frequently be averted. As soon as you get your feet out of the bath, wipe them dry, and put on good, warm, woolen stockings, or socks, and commence walking about the room. Breathe slowly, and take long breaths. The great probability is, that, if this does not keep off the attack entirely, it will, at least, make it less severe.

2. Smoking the leaves of the blue gum (*Eucalyptus*), four or five times a day, has proved an effective remedy in this disease, and performed some remarkable cures.

3. Another remedy, that has been used with success and produced unexpected cures in desperate cases, is the *Lemon*. The patient should eat two or three of them daily.

4. The tincture of *lobelia* is also a remedy of much importance in this disease. It should be taken in doses of one-half to one teaspoonful every half-hour or hour, until relief is obtained, or sickness or vomiting is produced.

5. Take *saltpetre*, dissolve it in water, and wet a piece of brown paper in this solution. Let the paper dry, and then wet it with *origanum oil*. Cut the paper into long strips, convenient for use. When you feel a fit of asthma coming on, burn a few of these strips, and hold them so that you can inhale the smoke. Take long breaths during this time. Even while the fit is on, great relief will be obtained in this way.

6. *Saltpetre* used in the following manner is also very efficacious :

Soak some blotting-paper in a strong solution of it ; dry it, take a piece about the size of your hand, and on going to bed, light it, and lay it upon a plate in your bedroom. By doing so, persons, however badly afflicted with asthma, will find that they can sleep almost as well as when in health.

7. Mix two ounces of the best honey with one ounce of castor oil, and take a teaspoonful, night and morning. This has often proved very efficacious.

8. *To prevent lamps from being pernicious to asthmatic persons*, let a sponge, three inches in diameter, be moistened with water, and suspended by a string exactly over the flame of the lamp, at the distance of a few inches; this substance will absorb all the smoke emitted during the night; after which, it should be rinsed in warm water, by which means it will be again rendered fit for use.

9. Great relief is often promptly obtained by smoking the leaves of the *thorn apple*, or *jimson weed*. Or a quantity of the leaves may be thrown into a vessel containing hot water. Then let the patient breathe into his lungs the fumes that arise from the water.

10. **Grindelia Robusta for the Cure of Asthma**—This is a new remedy for the cure of this disease, and is very highly extolled. Dr. Cleland, of Kewanna, Ind., in reference to it, says, “I cannot speak in too high praise of *Grindelia Robusta*, in asthma.” Dose of the fluid extract, fifteen to thirty drops, three times a day. See page 453, vol. ii.

ABSCESSSES.

Under this head, there are but two forms which should come within the scope of a work intended for families, and these are boils and carbuncles. Other abscesses, such as those of the liver, ear, tonsils, lungs, kidneys, etc., should come under the care of the surgeon.

BOILS.

Remedies—1. They may be prevented from coming to a head by gently rubbing them, every three or four hours, with the tips of the fingers, moistened with spirits of camphor, and then covering the spot with flannel soaked in camphorated oil, which is prepared by adding one teaspoonful of spirits of camphor to one tablespoonful of sweet oil.

2. They may likewise be prevented, or “scattered,” by keeping applied to them a cloth, constantly wet with spirits of turpentine, or tincture of arnica. These efforts to prevent, or “scatter,” a boil, should only be made when it first makes its appearance.

3. To prevent the tendency to boils, when they return, crop after crop, there is nothing superior to lime-water. Take a wineglassful (or four tablespoonfuls) three times a day, for three or four weeks. This will entirely check the tendency to their return. The method of preparing limewater will be found amongst the recipes in another part of this book.

4. The following is a very effective application for a boil: Make a poultice, of equal parts of wheat-flour and ginger, and apply. It will soon “draw” the boil to a head. If those who are being troubled with boils, will drink a tea made from a handful of *burdock*-seed, no more will appear. If the seed cannot be obtained, use the root.

5. Very strong *sassafras*-tea is an admirable remedy for the same purpose.

6. The following will immediately cure, in nine cases out of ten, both boils and felons: Stir into the white of an egg from one-half to one teaspoonful of *Spanish flies*. Apply on brown paper, the size of a half-dollar piece, over

the painful spot, and bind it on with a thin cloth or handkerchief; after which, apply a cloth, folded several thicknesses, saturated with hot vinegar and salt, and keep this applied continually. This brings all the particles of pus to the inner surface of the skin, when it can be removed.

7. When boils are not "scattered" or dispersed, they should be brought to a "head" as speedily as possible. To effect this purpose, poultices must be applied. The kind of poultice is immaterial, for the reason that it is the heat and the moisture that cause it to "ripen." *Flaxseed* meal, bread-and-milk, or soap-and-sugar are among the best, and are made by wetting and heating, and are to be kept on as warm as can be borne. When the boil comes to a head, it may be opened or left to itself to break.

Carbuncle—It generally occurs on the posterior portions of the neck or back, where vitality is less active.

Symptoms—It first appears as a hot, hard swelling, harder than a boil, accompanied by a burning, dull, throbbing sensation. As the red swelling gradually increases, the skin covering it assumes a purple or brownish-red tint, and, in a few days, softens, suppuration taking place at *several points*. The matter is thin, watery, and scantily discharged; but if pressure be applied, a thick, glutinous fluid may be squeezed out. If large, and especially if seated on the head, there is violent fever, delirium, and great and even fatal prostration may result.

Carbuncle differs from a boil in its greater size; its broad, flat shape; in usually appearing singly; in giving way and discharging from *several openings*; and in the dusky redness of the inflamed skin.

Causes—A disordered condition of the blood, usually met with in a *debilitated* state of the constitution, as the result of chronic, exhausting diseases, or severe, acute mala-

dies ; great alteration in habits or diet ; long-continued fatigue, etc.

Remedies—1. Poppy-leaves, when they can be obtained, make a very excellent poultice. It is prepared by adding a little *flax*-seed meal to these leaves, after they have been steeped. The poultice may be used several times by heating again, and it will be as good as at first.

Carbuncles are very slow in coming to a head, and they often have several openings. When fully ripe, they should be freely opened by caustic, or cutting deep into them, in two directions, in the form of a cross, after which the poultice should be continued until the core comes out.

2. Another good poultice is made as follows : Take equal parts of pulverized *linseed* and slippery-*elm* bark, add a sufficient quantity of rain-water, and simmer until the linseed becomes soapy, and a mass of proper consistence is formed. When it is cool, to every half-pint of the mass, add a wineglassful of good yeast, and let it be well mixed ; apply it to the carbuncle tepid, and renew before it becomes dry. This will be found to have a very salutary effect upon the sore, to lessen the pain, swelling and inflammation, while at the same time, it has a tendency to promote suppuration, or mattering.

If the poultice last mentioned should, in any respect, disagree with the patient, as it may possibly do, in the first stages of the complaint, it may be omitted, and one made by boiling the bark from the root of *sassafras*, and mixing the elm-bark with this decoction. It makes an excellent poultice for this and other kinds of inflammation.

3. Mix together one ounce of sulphur and two ounces each, of alum and gunpowder, and a teaspoonful of vinegar, and apply to the part, repeating it every two hours, until favorable indications are produced, when it may be repeated three times a day.

ITCHING OF THE ANUS.

Causes—This difficulty may be caused by piles ; in that case there is generally swelling and soreness ; for its relief consult the section on “ Piles.” When it is caused by pin-worms, there is generally a creeping and tingling sensation, and on examination the worms often can be seen, and they are frequently found on the passages from the bowels.

This itching around the anus is likewise caused by a very fine eruption of pimples ; they may be scarcely perceptible. It is frequently complicated with an excoriated, or fissured, or broken condition of the structure of the anus.

Frequently, itching of the anus is only a symptom of derangement of the liver, or of some portion of the digestive apparatus. The primary cause must, therefore, be obviated.

Remedies—1. Washing the parts twice a day with a strong solution of *alum*-water, is an admirable remedy for relieving and curing this difficulty.

2. Another means of alleviating this affection is to take four tablespoonfuls of *glycerine*, and two teaspoonfuls of *tar*, and simmer together for a short time, and apply twice a day.

3. In very aggravated cases, a strong solution of *tannin* applied, is very efficacious.

4. Some forms of this difficulty have been cured by using, as a wash, a decoction of *smart-weed*.

If the itching originates from worms, the reader is referred to the article on that subject.

BRONCHITIS, OR INFLAMMATION OF THE BRONCHIAL TUBES.

Symptoms—The acute bronchitis generally commences, like a common cold or catarrh, with lassitude, chilliness, slight cough, oppression and tightness of the chest, with some fever. As the disease increases, these symptoms increase, great anxiety of the countenance; respiration more laborious, attended with a wheezing or rattling sound, as if the air were forced through a narrow aperture clogged with a viscid fluid. It is generally attended with hoarseness; respiration is more difficult in the recumbent than in the erect position. At first the cough is dry, but afterward a copious secretion of viscid transparent mucus, resembling the white of eggs, soon occurs, and with it considerable abatement of the violence of the cough ensues. But when the inflammation is about terminating without suppuration, the matter expectorated loses its transparency, and becomes mixed with yellowish, white or greenish masses, which are scanty at first, but continue to increase more and more, until at last they compose the whole of the expectoration. There is a severe pain in the forehead, which is aggravated by coughing. When the secretion of mucus in the bronchia is very copious, and breathing is much obstructed, considerable drowsiness occurs. The tongue is white, and covered with transparent mucus; the skin is dry, and its temperature generally but very little above the natural standard.

This disease consists in an inflammation of the lining membrane of the bronchial tubes, or air passages. Persons who are in the habit of speaking much, or singing, are very liable to it, especially in cold weather, or in changeable climates. It may be either acute or chronic. The *causes* are the same as those of inflammation of the lungs,

and, where there is a predisposition to it, long or loud speaking or singing may bring on an attack.

Remedies—1. A decoction of the seeds of the common sunflower gives great relief, in a great majority of the ordinary cases of bronchitis, and many permanent cures have been made by this remedy alone. To effect a cure from its use, requires time and patience. It will be found a pleasant and reliable remedy. It has been prepared in the following form, and in some cases it acts better than when given alone: Bruise any quantity of the seeds, and add strained honey enough to cover them. Simmer for one hour, strain, and, when cold, add one teaspoonful of the tincture of bloodroot to each teacupful of the honey. Dose, a teaspoonful, four or five times daily. This is not excelled for any form of bronchitis, and has been the means of curing many cases.

2. Another excellent preparation is the following: Take three ounces, each, of Yerba Santa and Grindelia Robusta. Put into a pint and a half of water, and steep to one pint; strain, and, while hot, add one pound of white sugar. Dose, one teaspoonful, four or five times daily. Those who have tested this new remedy pronounce it prompt and effective. Where the crude drugs cannot be obtained, use the fluid extract, of each, four tablespoonfuls; syrup made from sugar, eight tablespoonfuls. Mix. Dose, one teaspoonful, four or five times daily. This and the foregoing, are new remedies and among the best in general use, for the cure of this disease.

3. Take:

Flax seed.....	1 teaspoonful.
Slippery elm.....	1 ounce.
Thoroughwort.....	1 ounce.
Licorice.....	1 stick.
Water.....	1 quart.

Simmer slowly over the fire, until the strength is extracted. Strain, and add one pint of the best vinegar, and half a pound of loaf or white sugar; after which, simmer them all well together, and, when cold, bottle tightly. Dose, one tablespoonful, two or three times a day. It is not only valuable for bronchitis, but for all difficulties of the throat and lungs. Many lives may be saved every year, by this cheap and simple remedy, as well as thousands of dollars, which would otherwise be spent in the purchase of nostrums which are both dangerous and useless.

4. Prof. I. J. M. Goss says, "Firwein has proven very successful. In chronic bronchitis and consumption, it has proven one of the best of remedies, palliating the cough, toning up the digestive and assimilating systems, and thus preventing undue waste of tissue."

Several physicians report cases of chronic bronchitis cured by firwein.

Dr. Todd, of Jefferson Medical College, Chicago, Illinois, says, "I have made trial of the new remedy, 'firwein,' in several cases of sub-acute and chronic bronchitis, both uncomplicated and complicated with asthma and emphysema, and the majority were entirely cured by its use." Dr. S. R. Nissley, of Pemberton, Ohio, reports a case of laryngitis, of six years standing, with complete loss of voice on exposure to cold, cured by firwein in a short time. Dr. James H. Ethridge, associate editor of the *Chicago Journal and Examiner*, Chicago, Illinois, reports a case of bronchial catarrh, of seven months' standing, cured by this new remedy. It will be seen from the above reports, of the limited use that has been made of this new remedy, that it is proving very successful in lung and throat affections; in fact, it is proving more efficient than any remedy yet discovered. The dose is from one to two teaspoonfuls three or four times a day.

5. Dr. Hall gives the following: "Put a teaspoonful of powdered ipecac-root in a vial, pour upon it two table-spoonfuls of any kind of spirits, shake it well daily for several days; it can be used in ten minutes after the first shaking; let it settle, and take from ten to twenty or more drops on a lump of loaf sugar, or in a little water, or as it is; take enough to cause some nausea.

This tincture of ipecac should be well stoppered; it is the safest, simplest and best remedy ever known for a troublesome, dry, hacking cough of any kind; it has no after ill effects, is of little bulk, can be carried in the vest-pocket, and may be always relied upon to loosen phlegm, if there is any phlegm to loosen, and anything can loosen it."

Accessory Measures—The patient should be kept in a warm atmosphere (65 to 70 degrees), which should be moistened by steam or evaporation of water from shallow dishes placed near the bed; or water in a kettle may be kept boiling on the fire, so as to moisten the air by its jet of steam sent into the room. Ventilation of the apartment, however, should not be neglected.

Hot linseed-meal poultices applied to the chest and back are beneficial, as they relieve congestion.

Diet—During an attack, give gum-water, barley-gruel, beef-tea, jelly, etc. Cold water, in frequent draughts, favors the healthy action of the skin, and is the most appropriate beverage. In feeble children, exhaustion is liable to come on, requiring nutritious support. During convalescence, undue exposures must be guarded against, until the constitution has been strengthened and inured by warm bathing, gradually reduced to cold as the reactive power of the child permits. The sleeping apartment should be large, not occupied by more than one other person, should be well ventilated, and properly aired every day.

The diet should be nutritious, and easy of digestion, avoiding acids and greasy food.

“Have your meals at regular hours. If you have three meals a day on week-days, you should have three meals on Sunday, and at the same hour in the day. Eat enough to satisfy hunger, but not too much for supper. A neglect or failure to eat dinner for the sake of Sunday politeness may cause you many hours of suffering”.—*[Dr. Caswell. See page 453, vol. ii.]*

BILIOUSNESS.

People who are in the habit of taking cathartics or emetics, when the period arrives for their usual “cleaning out,” are generally sure to be troubled with biliousness.

Symptoms—There is more or less fullness, sensation of a load or other symptoms of uneasiness, in the region of the stomach. There is languor, dull headache or sleepiness, and sometimes slight yellowness of the eyes and skin.

Caution—Shun emetics and cathartics, especially blue-pills and mercurials, for you can never be cured while continuing to take such medicines; for although they may afford temporary relief, they never fail to do harm in the end.

Remedies—1. Take, daily, the juice of two small lemons or one large one. Use no other medicine, and you will find your difficulty will abate much sooner than if you take active, or strong medicine. This is a new and invaluable remedy for this difficulty.

2. “One-half teaspoonful of salaratus, or of bicarbonate of potash, in a tumblerful of cider, taken morning and evening, is a very good remedy.”—*[Dr. Warren.]*

3. A tea, made of the bark or berries of the black *alder*, is also very good.

Accessory Treatment—Much exercise should be taken, to excite a healthy action of the digestive organs. It will be absolutely necessary to abstain from all kinds of greasy meat, sweet articles, pastry, and rancid butter; likewise *coffee* and *chocolate*, both of which increase these affections.

BLOODY URINE.

Causes—This difficulty frequently occurs from falls, bruises, or some violent exertion, such as hard riding and jumping; but it often takes place in consequence of a small stone being lodged either in the *ureter* or kidney, which, by its size or irregularity, wounds the surface of the part it comes in contact with; in which case, the blood discharged is most usually clotted, and deposits a sediment of a brown color.

A discharge of blood by urine, when proceeding from the kidney or ureter, is commonly attended with an acute pain and sense of weight in the back, and some difficulty in passing water; the urine which comes away first being muddy and high colored, but afterwards becoming transparent, and of a natural appearance. When the blood proceeds immediately from the bladder, it is usually accompanied with a sense of heat and pain in the lower part of the abdomen.

This complaint is distinguished from the high-colored, red urine, attendant upon many diseases, by the deposit of clotted blood, and by its staining linen of a red color.

Remedies—1. The principal remedy, in this complaint, is the marshmallow. A strong decoction is to be

made of the leaves, buttons or roots, and drunk freely. Usually, no other remedy is needed in the treatment of this disease.

2. When the above cannot be procured, the next best is the peach. Use a decoction of the leaves, or, when they cannot be had, use the bark.

3. Another excellent remedy is the yarrow. Drink of it freely twice a day.

4. When ulceration is the cause of blood appearing in the urine (which is known by its being attended with a discharge of matter), add five drops of the oil of turpentine to a teacupful of marshmallow tea, and take twice a day. If this cannot be had, another remedy, which is almost as effective, is the buchu, which can be obtained at all drug-stores. Steep a handful of the leaves in a pint of water, after which add a tablespoonful of gum-Arabic. Of this, take a tablespoonful twice a day. When bloody urine is occasioned by the mechanical action of a stone in the bladder, or in the ureters, or kidneys, employ the treatment recommended for those complaints. In all cases stimulants, such as liquors, tobacco, tea, coffee, etc., should be avoided.

OFFENSIVE BREATH

May be caused by a deranged stomach, abuse of mercury, decayed teeth, diseased gums, or want of cleanliness.

Remedies—1. One or two teaspoonfuls of powdered charcoal, taken three times a day, will relieve this difficulty in many cases.

2. The following preparation will at once sweeten the breath. It acts as a disinfectant, and will not injure the stomach, but it will be benefited by the preparation: To eight or ten drops of the saturated solution of the chloride of soda, add one-half teacupful of water. Take it every morning before breakfast. If the offensive breath arises from defective teeth, add one-half teaspoonful of the chloride to half a tumblerful of water, and rinse the mouth with the solution.

Offensive breath is often due to an unhealthy condition of the stomach, or to decayed teeth. Remove these difficulties, and the breath will again become sweet.

HAIR AND BALDNESS.

The hair often falls off the head at so early an age as to indicate, clearly, that it is the effect of disease.

Causes—Excessive action of the brain, such as intense study, great mental anxiety, etc., producing unnatural heat of the brain-surfaces, thus causing the hair to drop off. Sexual excesses are also said to produce the same effect.

Remedies—People are often led to try many so-called specifics, to prevent the hair falling off, but they are generally either useless or worse. Doubtless, there are many thousands of pounds of hogs' fat sold every year as bears' grease, etc., to cause the hair to grow abundantly and prevent its falling off. Washing the head often with cold water and combing it with a fine comb, together with regular and temperate habits, are the best preservatives and restoratives of the hair.

The head should be as thoroughly washed as any other part of the person, and that weekly. When the hair is very

thick and long, its roots can be washed without wetting its entire length. This is important for ladies and those children who are improperly allowed to wear the hair long. The outside of the head has more to do with its inside than many people suppose. A muddy and confused mind is often the effect of external dirt and neglect. The natural perspiration is thereby suppressed, and serious evils are sometimes the result. Warm caps and hoods should seldom, if ever, be worn. The head should be dressed as lightly as is consistent with comfort. Neuralgia and inflammation of the brain are very often the simple consequence of following absurd and unnatural fashions in the dressing of the head.

Look at one of these "martyrs of fashion!" Her head is loaded with hair, natural and artificial, and covered, under this load, with foreign mixtures, in the shape of hair-oils, perfumes, etc., while over all this is the bonnet, with a veil attached and drawn closely over the face, to shut out the life-giving air from the poor starved lungs.

A very common cause of injury to the hair-glands is the practice, among families as well as barbers, of using the combs and brushes of others. A comb or brush for the head should no more be used in common, by two or more persons, than a brush for the teeth. Many diseases of the hair and scalp originate in this way, as well as from the habit of wearing the hats, bonnets or head-dresses of others. Parents, who take an interest in everything which conduces to the welfare of their children, should be careful that each is supplied with its own comb and hair-brush, and that these are never interchanged.

The following is one of the best remedies in general use for baldness. It has produced a luxuriant growth of hair for persons who have been bald for many years, and will nearly always restore it, if the hair-follicles are not dead:

Tincture of Spanish fly (*Cantharides*), one ounce; ar-

omatic spirits of ammonia, one ounce ; oil of rosemary, one drachm ; alcohol and water, of each, two tablespoonfuls. Mix. With a sponge, rub this mixture well over the scalp, so that it will come in contact with the roots of the hair. The use of it may have to be persevered in for six months or a year, and should be applied twice a week.

Hair Invigorator—Wash the head once a day with strong sage tea. It will promptly check the falling out of the hair. If the use of this be continued for a sufficient length of time, it will make the hair thick and strong.

Girls' Hair—This should be kept cut short until they are twelve years of age, allowing it to curl if naturally inclined to do so, but should never be tortured into wisps and kinks by hot irons, or other violent means. As it becomes longer, in after life, it should be twisted, very lightly, into a loose coil, and the ends, if tied, should be fastened loosely with a ribbon. Nothing but pure, soft water should ever be applied to the hair of children.

Men's Hair—This, when it begins to fall out, may sometimes be saved by keeping it cut very short. Brush it well when quite dry, then wash with warm soapsuds, rubbed well into the scalp. Next, wipe the whole hair with a soft towel. Then, in the same manner, rub into the scalp a little bay-rum or pure brandy. This should be done twice a month. The scalp should be brushed well two or three times a week.

Oiling the Hair—The more hair is oiled, the more it will be required ; and it will only serve to keep a layer of grease and dust all over the scalp, which will prevent the air getting to the roots of the hair, and thus destroy its vitality. Nothing should be allowed to touch the hair of children, except soft, pure water ; and, if it were regularly cut, every six weeks, from three years of age to fourteen, and the scalp kept clean, as above di-

rected, the growth of the hair would be so strengthened that girls of twenty would have healthy, glossy and abundant hair of their own, instead of having to rely, for this natural ornament, upon the artificial contrivances of the hair-dresser.

Hair-Oils—These are nearly all made of hogs' lard, as the chief ingredient. The least objectionable preparation is made of common castor-oil, two tablespoonfuls, in a pint of alcohol. No better hair-oil than this can be made. It may be scented or colored, but the pure preparation is best.

Some prefer a glycerine hair-dressing; which is made by dissolving three tablespoonfuls of glycerine in nine of rain-water.

One of the most harmless washes, to cleanse the scalp effectively, is powdered borax. Put two even teaspoonfuls into a teacupful of warm water; then wet the whole scalp with warm water, hold the face over a basin, keep the eyes shut, dip the ends of the fingers into the borax-water, and rub it well into the scalp. After having rubbed the whole scalp into a lather, wash it off with fresh water, and then wipe dry with a soft towel; but do not comb until the hair is quite dry.

HAIR INDICATIVE OF CHARACTER.

The character of persons is sometimes intimated by the color of their hair.

The bilious temperament, black hair and dark skin are generally found associated. These imply strength of character and sensuality.

Fine hair and dark skin show purity, goodness and strong mind.

Stiff, straight and abundant black hair and beard are usually combined with strong, unyielding, straight-forward and rather bluff character.

Fine, brown hair indicates exquisite sensibility, with a strong will for what is good and right, when unperturbed.

If the hair is straight and lies flat on the head, the temperament is melancholy, but you may safely rely on that person, be it man or woman.

If the hair is coarse, black and sticks up, there is not much sociability, and much that is stubborn, sour and harsh, in the character.

Coarse, red hair indicates much fire and energy, with unusual strength and firmness.

Auburn hair, with a florid face, gives purity, intensity, and great capacity for enjoyment or suffering.

Fine, silky, pliable, easily dressed hair indicates delicacy, sensibility and goodness.

Hasty, impetuous and rash people have crisp, curly hair, but if it is straight and smooth, even and glossy, there are a warm heart, a clear head and superior talents.

White hair, as a general rule, indicates a good, easy, lazy fellow.

The hair, naturally parting in the middle and falling on either side, indicates womanly refinement, purity and delicacy. When the hair extends and lies on the forehead in rings, it indicates a frank, open, genial nature.

The light-haired races are the thinkers, the poets and the artists of the world.

Dark-brown hair combines the two, and is the most desirable.

To sum up:

Black hair indicates physical strength.

White hair, mental vigor.

Red hair, a fiery temperament, passion and devotion.

Wavy hair, a pliable, yielding, accommodating disposition.

Straight, stuck-up hair, stubbornness and fidelity.

Very smooth, coarse-lying hair is "Oily Gammon."

BUNION (Bunion).

An enlargement of the living membrane of the great or little toe, chiefly the former, with more or less deformity of the joint.

Cause—The *pressure of narrow-pointed boots or shoes*, throwing the great toe over or under the contiguous toes; in this way a sharp angle is made on the inner side of the joint of the great toe, on which the bunion is formed.

Symptoms—Pain, redness, and swelling of the part, which soon subside on removal of the cause. Should, however, undue pressure be continued, the symptoms increase until pressure becomes unendurable.

Remedies—The direction of the toe must be changed by wearing properly shaped boots, made with the inner side of the sole straight from the toe to the heel. If irritation be accidentally excited in the part, a warm foot-bath should be used, or, in very severe cases, a bran poultice to soften the parts. Then a piece of lint, saturated with melted lard, applied, and moistened from time to time with the same. At the same time remove the pressure caused by the shoe or boot, and a cure will soon be effected. A poultice of slippery elm or flax-seed is very good. In other respects, treat them the same as a common corn.

BACKACHE, OR WEAK BACK.

This is due to over-taxing the muscles and nerves of the back, remaining long in a stooping posture, over-lifting, and sometimes, through sympathy from a kidney difficulty. I have received the thanks of hundreds for the relief they have obtained from this difficulty by the use of the following plaster:

Gum galbanum.....	2 ounces.
Rosin.....	1 ounce.
Powdered camphor-gum.....	$\frac{1}{2}$ ounce.
Opium, powdered.....	8 scruples.
Alcoholic extract of belladonna.....	2 drachms.

Place the galbanum and the rosin together in a dish on the fire, and heat slowly until melted; then add the belladonna, and constantly stir it to prevent burning, which must, on no account, be permitted, as it destroys the plaster. When these are well mixed, stir in the opium and camphor, and immediately remove the dish from the fire, continually stirring the contents until they become cool and well hardened, when they are ready for use. Cut a piece of tanned sheep-skin, six by eight inches, warm the plaster, so that it will spread; and, with a table-knife, spread it on the skin thinly, leaving half an inch of the border untouched by the plaster, so that it will not stick to the clothing. All who use this remedy will be sure to confess that it is the king of all plasters for backache, or “lame back.”

A strong tea, made of what is called Devil's Bit, or button snake-root, is likewise very useful for giving relief in affections of this kind. Dose, half a teacupful three times a day. This malady most usually originates from the whites, falling of the womb, or some derangement of the kidneys or spine. When it is produced from any of

these causes, the treatment must, of course, be directed to their removal. Sometimes it is owing to excessive sexual intercourse, and the weakness will only disappear, when the patient becomes more temperate in this particular.

Weak Back—1. Burgundy pitch, makes a superior strengthening plaster for a weak back. It should be made exceedingly large, and worn as long as it will stick.

2. Add about one-half of a beef's gall to a pint of alcohol, and bathe the back with the solution frequently. It often acts like a charm.

Avoid tight dresses and use of corsets.

3. Take, of hemlock-gum, add one-fourth the quantity of white turpentine, and dissolve.

This forms an excellent strengthening and stimulating plaster. It is also employed in chronic rheumatism, weakness in the back, etc.

CONSUMPTION (Phthisis Pulmonalis).

Causes—The causes which produce this malady are very numerous. The following are the most general :

Hereditary disposition, and narrow chest ; scrofula, a state of the system indicated by a weak voice, and great sensibility ; certain diseases, such as venereal, the small-pox, and measles ; particular employments, exposing artificers to dust, or to the fumes of metals or minerals under a confined and unwholesome air ; violent passions, exertions or affections of the mind, as grief, disappointment, anxiety or close application to study, without using proper exercise ; frequent and excessive debaucheries, late watching, and drinking freely of strong liquors ; great evacuations, as diarrhea, diabetes, excessive venery, leucorrhea, immod-

erate discharge of the menstrual flow, and the continuing to suckle too long under a debilitated state; and, lastly, exposure to cold, either by too sudden a change of apparel, keeping on wet clothes, lying in damp beds, or exposing the body too suddenly to cool air when heated by exercise; in short, by anything that gives a considerable check to the perspiration. The more immediate or occasional causes are, bleeding of the lungs, inflammation of the lungs, catarrh, asthma and tubercles, the last of which are by far the most general.

Intemperance in living, and folly of dress, contribute to cause this disease. Thin dress, tight lacing till a female can hardly stoop or breathe; one minute in a heated ball-room or crowd, in perspiration—the next in extreme cold air; a cough follows, and next the *hasty consumption*.

Another cause of this malady is, the confined and sedentary habits of males and females in cellars, factories, etc. The air inhaled is impure, and the chest contracted by the employment of corsets; the stomach, lungs, or liver soon become disordered.

Symptoms—The early indications are often obscure, and may appear at any age, but most frequently between twenty and thirty. The chief symptoms are *impaired digestion*, loss of appetite, red or furred tongue, thirst, nausea, vomiting, and, in rare cases, pain in the stomach; more or less *cough*, chiefly in the morning; hoarseness or weakness of voice; irregular *pains in the chest*; difficult breathing on slight exertion; *debility*, languor and palpitation; *persistently accelerated pulse*; *heightened temperature*; *night sweats*; and *progressive emaciation*.

Cough is a prominent symptom. In the early stage it is dry, short and irritative, and most troublesome in the morning, or after exertion; the expectoration is usually small in quantity, and consists of ropy mucus;

the cough may continue for months without aggravation or the appearance of any other symptom. In a more advanced stage, cough recurs during the day, and especially after slight exertion, being caused by the necessity for getting rid of the inflammatory products and disintegrated lung-tissue, which then begin to accumulate. The mere existence of a cough, by no means proves that consumption is present, as it may arise from diseases of other organs than the lungs; neither does the absence of cough prove the non-existence of the disease.

Bleeding of the lungs frequently, but not invariably, occurs; it is a suspicious symptom, and often gives the patient the first intimation of danger; its occurrence either before or soon after the commencement of a cough always renders consumption probable, especially if the patient has received no injury of the chest, and has no disease of the heart, or of the uterine system. "But in the very great majority of cases," writes Niemeyer, "in which the first attack of hæmoptysis has not been preceded by cough, dyspnœa, or other symptoms of pulmonary disorder, the lungs are free, and by no means the seat of tubercular deposit, at the commencement of the bleeding." The same author further remarks, "That bronchial hemorrhage is by no means so rare an event where there is no grave disease of the lungs, is shown, moreover, by the tolerably numerous cases in which persons, after suffering one or more attacks of bleeding of the lungs, regain their health completely, and, indeed, often live to an advanced age, and after death present no discoverable traces of extinct tuberculosis in the lungs."

Hectic fever, at length, makes its appearance, and its coincidence with the symptoms already mentioned confirms our diagnosis of consumption. The patient is feverish and flushed in the evening, and in the morning is found

drenched with perspiration. The pulse is small and weak, uniformly too high, but greatly accelerated towards evening, reaching 120 beats in the minute, or more; "the beat being performed with a jerk, as if the result of irritation upon a weakened heart." The bowels are relaxed, especially in advanced stages of the disease, the diarrhea aggravating the effects of the sweating, and consequently the exhaustion is greater; the tongue is furred white or brown in the center, but unnaturally red around the tip and edges, and, immediately preceding the final break-up, is covered with the eruption of thrush. The urine deposits red, brick-dust or pink sediment, consisting of the urates of soda and ammonia; the skin is clammy, except during the evening increase of fever, when it is burning hot; the complexion is clear, the eyes are bright and sparkling, and there is marked emaciation, especially as death approaches.

Curability of the Disease—It is supposed by most people that consumption is incurable, and nothing is more common than, when an individual is attacked with this disease, to consign him to the grave. But we should not be too hasty in arriving at such a conclusion. We have many well-authenticated instances on record where consumption has been cured, either spontaneously or by proper remedial agents.

Indeed it is beyond dispute, that the lungs recover from disease the same as any other organ, though less frequently, provided the powers of nature are sufficient to bring about a healthy action; all which shows the propriety of pursuing a rational and judicious course of treatment; besides, it is our duty to alleviate disease when we cannot cure, and which can always be done, even in the worst stages of this formidable malady. The fact, that cicatrices, or scars, have been discovered in the lungs of persons on

post-mortem examination, who had been cured of consumption, and who subsequently died of some other complaint, proves beyond dispute that the disease is curable.

Remedies—1. Elecampane, when used perseveringly, has frequently arrested this disease in its first stages, by taking one-half to a teacupful of the decoction, or tea, twice a day. At the same time strict attention must be given to the laws of health. Many persons, while undergoing medical treatment for consumption, as well as other diseases, pay no regard to these laws, trust all to medicine, and nothing to the general measures for the promotion of health. Hence, their medical treatment avails but little; and thus, oftentimes, they are prone to turn away in disgust or despair, at the failure of medicine to cure or relieve them, while one of the chief causes of failure may be their own carelessness or ignorance.

2. A London physician gives the following simple, yet somewhat singular remedy, which, he says, has been very successfully used in curing consumption in that city: Boil one-half dozen lemons soft—not too soft—roll them to press out the juice; sweeten until palatable; drink the whole during the day. Should they cause looseness of the bowels, or pain, reduce the number of lemons. Recovery is soon perceived to begin by the strength returning. Every patient should be apprised of the fact that many lives have been destroyed, in this disease, by taking strong medicine.

3. Taking half a pint of new milk, and one tablespoonful of the expressed juice of green hoarhound, each morning, has worked wonders in giving tone to the general health, relieving the soreness of the lungs, and often eradicating the disease, in its incipient stages.

4. In the first stages of this disease, there is perhaps no remedy that will excel hypophosphites of lime

and soda. It is a food, as well as a medicine, and is one of the greatest vital restoratives we have. Take, of each of these, two teaspoonfuls; thick syrup, made of white sugar, one-third pint; water, two-thirds pint. Mix. When dissolved, it is ready for use. Dose, one teaspoonful, three times a day. As a food-remedy associated with it, sweet cream stands first, and cod-liver oil next. One or the other of these should be given with the hypophosphites. Three or four tablespoonfuls of good sweet cream should be taken during each meal. The cod-liver oil (none but the pure article should be employed) should be given only once a day, and in doses of from one-half to one teaspoonful. As to cough remedies, for confirmed consumption, they are only beneficial so far as they quiet and allay irritation, and by this means give rest and comfort. And, for this purpose, perhaps there is no cough-remedy superior to the first one given under the head of "Colds and Coughs," which see.

5. The chlorate of potash is highly extolled in this disease. Dissolve one teaspoonful of it in four tablespoonfuls of water; of this give two teaspoonfuls three times a day.

This is to be used only every other or second day.

Prof. Palmer says he has used this remedy in a great many cases with complete success.

The respective advocates of this remedy and the hypophosphites claim for each a superiority over the other. But much depends on the temperament, condition, etc., of the patient, as to which is the better remedy for any individual case.

6. Take, of dandelion root.....	2 ounces.
Hops.....	1 ounce.
Spikenard root.....	$\frac{1}{4}$ pound.
Outer and inner portions of tamarack bark....	$\frac{1}{2}$ peck.

Boil, in about six quarts of water, until the strength is obtained. Strain and boil down to near two quarts; and, while warm, add one pound of honey, and one pint of the best brandy. Dose, from two to three tablespoonfuls, three times a day, before meals.

It is said, by some practitioners, that with the use of this syrup, "As long as there is life, there is hope."

Pursuits for Consumptives—You require the purest and driest atmosphere. Therefore, go North, rather than South. Then travel, hunt, fish, and eat freely of the game. Take a friend with you, for society, or to lean upon in your troubles. Have potatoes and corn-meal with you; which last you can mix with water and bake on a board before the fire; and then say that, with roast venison, broiled fish, roast-potatoes and johnny-cake, you cannot make out a well-flavored, healthy and hearty meal! Your appetite will surprise yourself.

Do not wait, to leave home, until after you have vainly tried everything else and are just ready for the grave; for then you need only the nursing-care of friends and a quiet place in which to die; but start out as soon as you become aware that the disease has fastened upon your lungs; and then you may not unreasonably expect a cure. Be sure you have the means with you to avoid getting wet in rains. Often wash and rub the whole surface of your body, wearing flannel next the skin, and clothing according to weather and sex; for there is no good reason why females should not pursue substantially the same course.

For those who have families whom they cannot leave, gardening or out-door amusement of any sort, will be a good substitute for travel. "Throw physic to the dogs." Take no nostrums, and shun even the prescriptions of regular doctors. Wear your clothing perfectly loose; sit,

stand and walk erect, and even lie with the shoulders thrown back; banish despondency—"laugh and grow fat;" and be regular in eating and sleeping, and in all your habits.

It is well, in the first stages of this disease, to practice the taking of long breaths; that is, take as much air into your lungs as they will contain, and hold it there as long as possible. Be sure the air is pure, and, if cold, this will do you the more good. Keep the mouth closed, so as to force yourself to breathe only through the nose. Have only a little fire in your sleeping-room, and that rather to expel the damp and malaria than to warm it. Exercise in the open air and bright sunshine, avoiding only the noontide heats in summer. Let the sun shine freely into all your rooms. Eat freely any ripe fruit which agrees with you, and use neither tea nor coffee. Be sure that you obtain your regular and sufficient portion of sleep every day: if you are unavoidably kept up beyond your regular hour at night, make up next morning, without regard to domestic or business calls or claims. Wash the teeth and mouth thoroughly, every night and morning.

Always eat something before going out in the morning and avoid all damp hours and places.

If bleeding of the lungs occurs, rest, with perfect quiet, and gallic acid, in ten grain doses, will generally check it speedily. Ice, slowly dissolved in the mouth, will be useful, though salt is generally the popular remedy. See "Bleeding of the Lungs." The night-sweats may be checked by elixir vitriol, ten drops in a wineglass of water, or by bathing the body with alum, dissolved in whisky. The free use of sage-tea will generally produce the same effect. Its efficacy is usually increased when equal parts of white-weed are added to it.

Beef-tea is very useful; it is easy of digestion, and

rarely proves unacceptable. Milk, given in regular quantities, not so much at once as to embarrass the digestive powers, is of immense value. Koumiss, made by fermenting milk, is claimed, by some, to be the real cure, if that be possible, of this disease.

Accessory Treatment—To describe in detail the general treatment of consumptive patients were to write a treatise on hygiene; we shall therefore only mention several of the most important points.

Nutritious Food—The diet should be nourishing, digestible, and sufficiently abundant; including animal food; fish, especially oysters; good home-made bread, not less than one day old; puddings of arrowroot, rice, sago, or tapioca, with milk; various kinds of green vegetables and mealy potatoes; together with *good milk*, eggs raw or beaten up with a little milk, may be used. Pork, veal, and fish not having scales, should generally be avoided; also pastry and all articles that give rise to irritability of the stomach, nausea, eructations, or any other symptoms of indigestion.

Cod-liver oil must be considered as an item of food, and a very important one; and if properly administered may be expected to be productive of the happiest results. If, as is occasionally the case, cod-liver oil disagree with the stomach, the author has found *cream* of great value as a substitute, though it is inferior. To favor its digestion, a teaspoonful of French brandy, or a tablespoonful of cold, strong, black tea, may be mixed with it.

Clothing—This should be sufficiently warm to maintain a vigorous cutaneous circulation; the extremities especially should be kept warm, to obviate congestion in the chest or abdomen. Flannel should be worn both in summer and winter; in the former it neutralizes any variation of temperature, and prevents sudden cooling by

evaporation of the perspiration; in the latter it prevents loss of the vital warmth of the body. In winter, the addition of a chamois-leather vest may be worn over the flannel. The notion that delicate children may be hardened by habitually exposing them to atmospheric changes, when but imperfectly clad, is erroneous in all cases; and in the instance of children of tuberculous predisposition often leads to the worst results.

Bathing and Friction of the Skin—Except in confirmed cases, bathing is generally beneficial; even sea-bathing may be often recommended. But on no account should the patient bathe when exhausted by fatigue, or when the body is cooling after perspiration. When sea-bathing is not admissible, sponging the chest and back with water to which sea-salt has been added, can generally be borne and enjoyed; and when it is followed by a general glow, it is a most valuable aid in promoting the capillary circulation. Under all circumstances, vigorous friction should immediately follow the bath, as reaction is thus rendered more complete. In cases in which patients are prevented from taking exercise, friction by means of bath-sheets or flesh-gloves is the more indispensable. Bathing must be regarded as injurious if after a brief immersion the surface remains cold, numb and pale, in spite of the use of good friction. In such cases, warm salt-baths are recommended.

If possible, exercise should be so taken as to bring all the muscles into moderate and agreeable action, and with the body in an erect posture. Walking-exercise secures these conditions to a certain extent; but riding on *horseback* has the advantage of permitting the patient to breathe a large amount of fresh air, while it does not occasion fatigue or great difficulty of breathing. Rowing, gymnastic exercises, and especially the *cross-bar swing*

(see article on "Swing"), are valuable aids when practiced according to the patient's strength. But excessive exertion, either of the mind or body, should be avoided. See page 456, vol. ii.

THE SWING AS A CURE OF CONSUMPTION.

"I wish to say a few words 'to whom it may concern,' on the use of the swing—one of the gymnastic exercises—as a preventive and cure of pulmonary disease. I mean the suspending of the body by the hands by means of a strong rope or chain fastened to a beam at one end, and at the other a stick three feet long convenient to grasp with the hands. The rope should be fastened to the center of the stick, which should hang six or eight inches above the head. Let a person grasp this stick, with the hands two or three feet apart, and swing very moderately at first—perhaps only bear the weight, if very weak—and gradually increase, as the muscles gain strength from the exercise, until it may be freely used from three to five times daily. The connection of the arms with the body (with the exception of the clavicle with the sternum or breast bone) being a muscular attachment to the ribs, the effect of this exercise is to elevate the ribs and enlarge the chest; and, as nature allows no vacuum, the lungs expand to fill the cavity, increasing the volume of air—the natural purifier of the blood—and preventing congestion or the deposit of tuberculous matter. I have prescribed the above for all cases of hemorrhage of the lungs and threatened consumption, for thirty-five years, and have been able to increase the measure of the chest from two to four inches within a few months, and always with good results. But

especially as a preventive I would recommend this exercise. Let those who love life cultivate a well-formed, capacious chest. The student, the merchant, the sedentary, the young of both sexes—ay, *all* should have a swing upon which to stretch themselves daily; and I am morally certain that if this were to be practiced by the rising generation, in a dress allowing a free and full development of the body, thousands, yes, tens of thousands, would be saved from the ravages of that *opprobrium medicorum*, consumption.”

LAWSON LONG, M. D

CLIMATE ON CONSUMPTION.

An opposition of sentiment prevails among physicians and others as to whether consumptive patients are more benefited by a southern or a northern climate; some asserting the former, others, the latter opinion. Without assuming to determine this matter definitively, we will say that there is much depending on collateral considerations or circumstances, such as the patient's tendency or predisposition to dyspepsia, affections of the bowels, liver and spleen. Liver complaints are generally the bane of a southern climate, and a sallow complexion is the inheritance of the people. If such be the condition of the native—the acclimated inhabitants—what a forlorn hope must that climate be to him who, broken down by the stern severity of a northern latitude, and trembling and languishing on the brink of a consumptive's grave, seeks to recuperate his wasted energies, and overcome, perhaps, his inherited tendency to consumption and bilious disorders, by a residence in a climate which tends to produce such diseases.

In many instances, the greatest benefits derived from

traveling, either north or south, consist in the exercise involved, the agreeable sensation produced by the motion of cars and steamboats, the ever-varying change of sights and sounds —these are what open anew the springs of life.

Especially should all journeys for health be taken, if possible, with an object in view. Let the patient start with the view of seeing the Mammoth Cave of Kentucky, the prairies of the West, the great lakes of the North, the falls of Niagara, the Yosemite Valley in California, *anything* which he is willing to make exertion to see, and that he is sure he will rejoice in beholding.

In an article on consumption and cancer, the late Dr. Hall gives the following:

“ In proof that consumption and cancer go together, it is found that both diseases are more frequent near the sea, diminishing as we go westward.

“ Also both diseases are more frequent north, and diminish in frequency as we go southward. This statement must be modified, from the consideration that the census returns and mortuary reports are more exact north and east. The rate of deaths from consumption is as follows:

Going West,	per cent.	From West to South,	per cent.
Massachusetts	25	Michigan.....	16
New York.....	20	Indiana	14
Ohio	16	Kentucky.....	14
Indiana.....	14	Tennessee.....	12
Illinois.....	11	Alabama.....	6
Missouri.....	9		
Kansas.....	8		
Colorado.....	8		
Utah	6		
California	14		

The above statements confirm the fact that the sea and lake shore localities favor consumption; the raw, damp atmosphere and chilly winds give colds, and drive the blood

from the skin inwards upon the lungs ; these same conditions tend to develop cancer by their impairing effect on the general health. Practical use can be made of the following

Table, showing the percentage of deaths from consumption, as compared with the total number of deaths from all causes, in each State and Territory:

Alabama.....	6	Missouri.....	9
Arkansas.....	5	Montana.....	9
California.....	14	Nebraska.....	9
Colorado.....	8	New Hampshire.....	25
Connecticut.....	20	New Jersey.....	20
Dakota.....	12	New Mexico.....	3
Delaware.....	26	New York.....	20
District of Columbia.....	20	North Carolina.....	8
Florida.....	6	Ohio.....	16
Georgia.....	5	Oregon.....	12
Illinois.....	11	Pennsylvania.....	16
Indiana.....	14	Rhode Island.....	25
Iowa.....	12	South Carolina.....	5
Kansas.....	8	Tennessee.....	12
Kentucky.....	14	Texas.....	5
Louisiana.....	8	Utah.....	6
Maine.....	25	Vermont.....	25
Maryland.....	16	Virginia.....	12
Massachusetts.....	25	Washington Territory.....	16
Michigan.....	16	West Virginia.....	16
Minnesota.....	14	Wisconsin.....	14
Mississippi.....	6		

Consumptives, it would seem, should go away from the northern sea-shores and lake situations, and retire to inland places, protected from bleak, cutting winds ; the same remarks are applicable to cancer. But, after all, both cancer and consumption can be indefinitely postponed, as to fatal results, by keeping up a high state of general health.

PERCENTAGE OF DEATHS.

The following table shows the percentage of deaths to population in the United States from all causes, as given by the national census of 1870:

Oregon.....	0.69	Mississippi.....	1.11
Alabama.....	1.08	Missouri.....	1.63
Arizona.....	2.61	Montana.....	0.90
Arkansas.....	1.26	Nebraska.....	0.81
California.....	1.61	Nevada.....	1.45
Colorado.....	0.94	New Hampshire.....	1.35
Connecticut.....	1.26	New Jersey.....	1.17
Dakota.....	0.71	New Mexico.....	1.28
Delaware.....	1.25	New York.....	1.58
District of Columbia...	1.53	North Carolina.....	0.98
Florida.....	1.21	Ohio.....	1.11
Georgia.....	1.15	Pennsylvania.....	1.49
Idaho.....	0.33	Rhode Island.....	1.26
Illinois.....	1.33	South Carolina.....	1.05
Indiana.....	1.05	Tennessee.....	1.13
Iowa.....	0.81	Texas.....	1.37
Kansas.....	1.25	Utah.....	1.03
Kentucky.....	1.09	Vermont.....	1.07
Louisiana.....	2.00	Virginia.....	1.24
Maine.....	1.23	Washington Territory..	0.93
Maryland.....	1.24	West Virginia.....	0.91
Massachusetts.....	1.77	Wisconsin.....	0.94
Michigan.....	0.94	Wyoming.....	0.81
Minnesota.....	0.80		

SWEDISH MOVEMENT-CURE FOR CONSUMPTION.

We herewith append directions for the employment of the "Swedish Movement-Cure for Consumption," which is extensively employed, and becoming popular in some parts of the country.

HISTORY OF THE CURE.

The value of bodily movements for the purposes of physical development and the cure of diseases has been appreciated from a very early period. Numerous medical authorities, of great eminence and learning, both in ancient and modern times, have advocated the use of special movements, in order to correct special diseased conditions. They were, however, but imperfectly understood, and little practiced, until the time of Peter Henry Ling, of Stockholm, Sweden, who, while suffering from gout in his arm, conceived the idea that it might be relieved by exercise. With this object in view, he took lessons in fencing, and was gratified by the cure of his disease. The success of this experiment induced him to think that other maladies could also be cured by suitable combinations of movements. The realization of this idea now became the grand object of his life; he devoted himself to its study with untiring energy, and succeeded in demonstrating that exercise is not only useful to preserve health, but that it is, when properly understood, a potent remedy for disease.

He opened up a new field for physical investigation, hitherto almost unknown even to the most learned physicians and physiologists. To him, therefore, belongs the credit of having discovered the value of medical movements; of having arranged them into a complete scientific system, indicating how they should be prescribed, and rendered highly curative in various chronic affections.

Since the time of Professor Ling, institutions, founded on the principles he inculcated, have extended throughout Europe. During the last few years, Ling's system has been introduced into the United States. Still, the progress of this art has not been commensurate with its great value, mainly because of the opposition with which it has had to

contend through popular and professional ignorance. Nevertheless, this system of curative movements is now regarded by those members of the profession who are acquainted with its merits as being a legitimate mode of practice, applicable to many forms of chronic disease and cases of deformity. In fact, wherever it is introduced, it always takes a very high rank as a healing agent.

Directions Concerning the Application of the Treatment—1. An invalid proposing to employ the following medical treatment must secure an operator sufficiently intelligent to understand what is to be done, and with adequate strength to do it.

2. The movements should be applied at an interval of not less than one hour and a half after a meal.

3. The morning is the best time; then the system has more recuperative power than in the after-part of the day.

4. A period of rest from both mental and physical toil is desirable before receiving movements, otherwise their beneficial effect will be much less marked.

5. After the reception of a passive movement the patient will rest two or three minutes, and four or five minutes after an active one. This is necessary to guard against fatigue, as well as to allow the specific effect of each movement time to be developed.

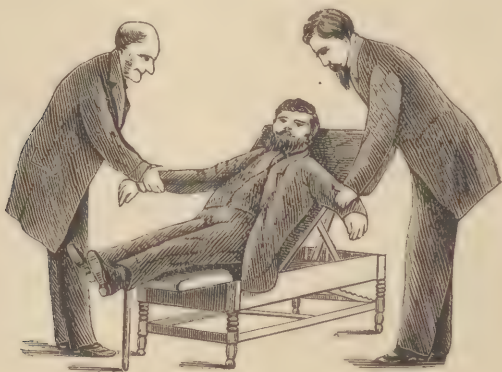
6. The invalid should not indulge in either reading or exciting conversation while receiving treatment.

7. The dress should be worn quite loose at all times, but particularly so while receiving treatment, so as to permit the unrestrained action of the respiratory organs.

8. After treatment, patients generally feel an inclination to sleep, which should be indulged in. They will awake greatly refreshed.

9. The peculiarly curative effect of the movements here prescribed for consumption depends largely on the order in which they are applied. This must be strictly adhered to, beginning with the first and continuing on to the last, except in the case of very feeble persons, when the movements numbers six and eight should be omitted for the first week or ten days. By this time the circulation towards the skin and extremities will have become established. These movements may then be used.

10. Previous to beginning treatment, the patient should measure his chest accurately, observing what the circumference is when expiration is complete, and also its size during complete inspiration. Preserve the dimensions for future reference.



First Movement—Fulling the Arms.

The patient may either recline on a lounge constructed for the purpose, with an assistant operating at the same time on each arm, or he may sit erect on an ordinary chair, with his arms hanging passively by his side. The operator will then place his extended hands on each side of the arm, and roll the tissues thereof quickly to and fro, at the same time gradually slide his hands downward,

keeping up the friction until the whole arm, from shoulder to wrist, has been operated on. This should be repeated on each arm six or eight times, always beginning at the shoulder and proceeding downward to the hand.

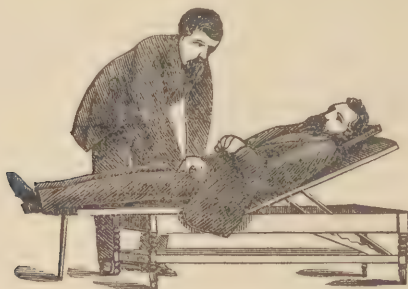
Effect—The blood in the capillaries is pressed into the minutest ramifications of these vessels in greatly augmented quantities, and gently urged onward into the veins, through which it must pass to the heart, and lastly to the lungs for aeration. As soon as the pressure is removed the capillaries are refilled with fresh blood from the arteries supplying the part; the blood-circulation thus secured in the part subjected to the fulling is so perfect that the patient will feel the whole limb, to the finger-ends, tingling with the vital current. At the same time, waste matters are made to pass by endosmosis into the venous circulation to be removed from the body. The nutritive materials contained in the blood are brought to the parts that are also placed in the best possible condition to assimilate them.



Second Movement—Vibration of the Leg.

The patient reclines in a perfectly easy position. The operator, who is seated before him, supports the leg, extended at full length, by grasping the heel; with the other hand, he rapidly shakes the toe back and forth. A quick, vibratory motion is thus communicated to the leg.

Effect—This movement causes attrition of the elementary fibres and cells of the muscular and other tissues, brings together waste matters seeking union, by which their ultimate removal from the body is facilitated, and increases the blood-circulation and nutrition of the parts subjected to the movement.



Third Movement—Fulling the Thighs.

The patient is seated as represented in the cut. The operator will place both hands on the thigh, at the groin, making as firm pressure as the patient can comfortably bear, and give the parts a rolling motion back and forth, gradually sliding down the hands until the knee is reached; begin again at the groin; repeat six or eight times on each thigh.

Effect—Same as that caused by movement No. 1.

Fourth Movement—Rotation of the Foot.

The patient is placed in a reclined sitting position; his leg is extended, the calf resting on both knees of the operator, who fixes the patient's leg by grasping it with one hand, while he applies the open palm of the other to the toe of the boot, the heel of which should project over the operator's knee, so as to allow it to move with perfect



freedom. The operator will then cause the point of the boot to describe a circle as large as possible, without straining the ankle-joint, first from left to right, then from right to left, ten or twelve times each way. Continue the movement three to five minutes on each foot.

Effect—This movement is actively derivative. Each time the toe describes a circle, all the muscles below the knee are alternately passively stretched and relaxed. Now, muscular contraction always increases the demand for blood in the acting muscles. When all the remainder of the body except the parts being acted on are at rest, the system is then able to respond more promptly and effectually to the call for blood at that particular point, there being, at that moment, no urgent demand for it elsewhere, the vital current is thus made to flow downward to the feet. The cold, clammy extremities of consumptives are thus readily warmed, although their temperature would not have been increased by as much walking as the invalid had strength to take.

The perfect circulation thus induced also has the remarkable effect of relieving the disagreeable burning in the soles of the feet when it exists, reducing it to a genial permanent warmth.



Fifth Movement—Kneading the Bowels.

When receiving this manipulation the patient should lie on his back, having the knees and shoulders slightly raised. In this position, the abdominal muscles, being slightly relaxed, are in the best condition to permit the digestive organs to be influenced by the movement. After the patient becomes accustomed to the treatment, and the abdominal tenderness that often exists at first has been removed, the arms may be placed over the head and the limbs extended. The operator places the palms of both hands on the abdomen, and, pressing firmly, will roll it from side to side, always being careful to make the pressure from below upward and inward.

Effect—Under this treatment the muscles forming the walls of the abdomen acquire strength; the abdominal contents will be lifted up and supported in their proper position; the alimentary tube invigorated, and its vermicular motions increased; congestion removed from the mucous membrane lining the digestive organs; constipation relieved; the digestion and absorption of food promoted, and the appetite improved.

Sixth Movement—Angling the Arms.

All the preceding operations, it will be observed, are passive; their application involves no exertion on the part



of the patient. This, however, is an active movement. The main objects aimed at by the former are to relieve pulmonary congestion and secure a perfect blood-circulation generally; these are always the first indications in the treatment of consumption. After the excess of blood obstructing the lungs and other internal organs has been made to flow towards the surface, imparting a general warmth to the skin and extremities, the second indication, viz., to develop the respiratory capacity, claims our attention. This is generally effected by active movements, the present one being admirably adapted to that purpose.

The patient may either sit erect, as in the cut, on an ordinary low-backed arm-chair, or he may recline on a lounge, having the shoulders elevated at an angle of about twenty-five degrees. The patient will then place his hands at his shoulders, with the arms close to the side. The operator, who stands behind him, will now grasp his hands, and slowly and steadily draw them out at full length, the patient meanwhile resisting firmly, without putting forth

all his strength. After waiting a moment, the patient will draw down his arm to the commencing position, while the operator resists. This should be repeated two to six times up and down, according to the strength of the invalid.

Effect—All the respiratory muscles on the anterior part of the body are gently but effectually stretched, the circulation in them improved, and their strength increased; rigidity of the thoracic walls is overcome; the chest vigorously but safely expanded; the air is made to penetrate and inflate collapsed portions of the lung, and dislodge the pus and mucus with which such portions are obstructed.

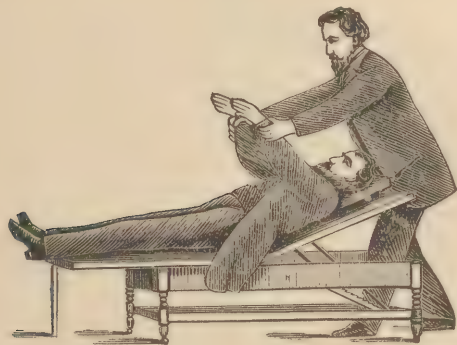


Seventh Movement—Drawing the Shoulders Backward.

The patient will sit erect on a stool, his arms hanging passively by his side. The operator will then place his knee, protected by a cushion, on the middle of the patient's back, at the lower border of the shoulder-blades, and grasping the patient's arms near the shoulder, draw them slowly and firmly backward, at the same time pressing steadily forward with his knee.

Effect—With due caution, this movement may be

applied to the most delicate invalid. It safely but powerfully expands the chest and invigorates the respiratory muscles. The effect on the patient's feelings is most grateful; it affords the consumptive an immediate sense of relief; he feels as if a load had been lifted from his chest.



Eighth Movement—Arm-Pumping.

The patient reclines on a couch, with the shoulders slightly raised; his arms are extended parallel to each other, and at right angles with his body. The operator, standing behind the patient, will now grasp his arms at the wrist, and draw them backwards and downwards until they are parallel with his body, the patient meanwhile resisting firmly and steadily. After resting a moment, the operator will then resist while the patient returns the arms to the commencing position.

Effect—The same as in movement No. 6, but much more powerful.

Ninth Movement—Percussion on the Back.

When receiving this manipulation, the patient should bend forward and lean his arms on some firm object.



The operator will then apply from fifty to one hundred light, rapid blows, with the open palm, over the whole back. After the invalid becomes accustomed to the percussion, it may be applied somewhat more heavily.

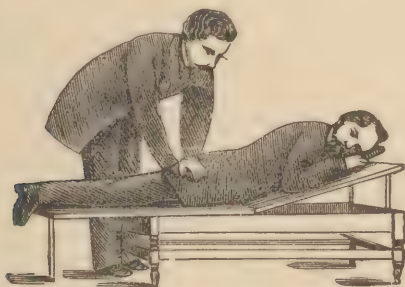
Effect—This operation sends a succession of waves through the lungs, which have the important effect of expanding the shrunken air-cells, causing contraction of the pulmonary capillary blood-vessels, removing congestion, and dislodging the pus and mucus obstructing the air-cells and bronchial tubes.



Tenth Movement—Fulling the Back.

The patient lies in the prone position, as shown in the accompanying cut. The operator places the pulp of his fingers on a part of the skin and causes it to vibrate to and fro on the tissues beneath for a few seconds, when the hands should be shifted to an adjoining portion of the integument, and the vibration repeated until the whole of the back has been operated on.

Effect—This operation is most grateful to the patient ; it exercises a decidedly soothing effect on the nervous system generally, through the influence exerted on the spinal cord, besides exciting an agreeable warmth in the parts, due to improved blood-circulation.



Eleventh Movement—Fulling the Posterior Part of the Lower Extremities.

The patient lies in the same position as in No. 10. The operator will apply to the whole posterior aspect of the limb the treatment described in No. 3.

Effect—This is analogous to that produced in movements Nos. 1 and 3.

The Movement-Cure presents to the consumptive invalids two very encouraging features: *First*, They do not require to wait weary months hoping for improvement. In many cases, this is quite apparent during the first week

or ten days; and even those who are so far advanced that they do not ultimately recover, rarely fail to be decidedly benefited in twelve or fifteen days. After a few applications of a prescription of movements, the skin and extremities become warm and more free from feverishness; the sufferer is conscious that his breath penetrates into and expands every portion of his lungs. If a tendency to hemorrhage exists it is checked, the cough gradually abates, and the matters expectorated lose their thick, yellow character, and assume the appearance of ordinary mucus; the sleep becomes sounder and more refreshing, night-sweats no longer occur, the appetite improves, strength increases, flesh is gained, and despondency is supplanted by hope and courage. *Second*, When a consumptive gets well by the Movement-Cure, he has good reason to hope that his recovery will be permanent, because the treatment is directed not merely to the removal or modification of symptoms, but to the correction of the constitutional vice from which the disease originates.

Accessory Treatment—The consumptive invalid must have pure, fresh air to breathe night and day. His sleeping apartment should be ventilated so that the air inside, during the whole night, is as pure as the atmosphere out of doors. In the absence of scientific arrangements for ventilation, this may be accomplished by letting down the windows from the top to admit the air, and having an open grate or other aperture to permit its escape. In winter, the foul air is effectually removed by having an open coal-fire burning all night. A steady current of air is thus produced from all parts of the room towards the fire, thence up the chimney. The invalid's bed should be so placed that he will not be

directly exposed to any draught caused by the effort to secure ventilation.

Flannels should be worn summer and winter. The underclothing worn by day should not be slept in at night; they should be put off on retiring, and hung up where they will be well aired.

The diet of the consumptive should be simple and nutritious. No strict rules can or ought to be laid down. He should partake freely of any good solid food that best agrees with him.

A tepid bath should be taken twice a week in a warm room during the winter, and three or four times a week in summer. The chest should be bathed with cold water every morning, and thoroughly rubbed with a coarse towel.

Movements are not intended to take the place of ordinary exercise, such as riding on horseback or in a carriage, or walking. These may be indulged in with moderation, care being taken never to continue them long enough to induce fatigue, nor with sufficient violence to increase the frequency of the pulse.—[*Swedish Movement Cure*; Published by S. R. Wells & Co., New York.

ILLUSTRATIVE CASES.

Case 1—Mr. R. J. had been gradually declining in health for about three and a half years. A cough had existed during the whole of that period, which had become very severe when he applied for treatment. Every morning on awaking he raised quantities of thick, yellowish matter, and continued to do so at intervals throughout the day. He had little appetite; lost flesh and strength

steadily. His breath was so shortened that he found it impossible to go up an ordinary pair of stairs. Hectic fever and copious night-sweats had existed for months. His chest measured only $38\frac{1}{2}$ inches; during health its circumference had been fully 41 inches, and its walls were quite rigid. A physical examination showed that tubercles were extensively deposited in the apices and upper lobes of both lungs, and that the process of softening had made considerable progress. During the three and a half years which his disease had existed, it had advanced only into the second stage. Two week's treatment produced an appreciable improvement, which increased, day by day, until, at the end of two months, he was so well that further treatment was deemed unnecessary. The physical signs of the presence of tubercular deposit in the lungs, although not entirely removed, were greatly ameliorated; the air now penetrated into and dilated the parts of the lungs that had been the seat of active disease. During the two years that have since elapsed, his disease has manifested no tendency to return. Although not quite so strong as in his best days, he is actively engaged in business, which he was previously obliged to abandon on account of failing health.

Case 2—Miss N. had previously lost two sisters by consumption. Her health had been failing for more than a year. At the time she resorted to the Movement-Cure she exhibited all the symptoms of the first stage. There existed unquestionable physical evidence of the presence of tubercles in the apex of the left lung; but there was no softening, the right lung was healthy throughout. Before she had received the movements a week, she reported herself better. She was under treatment less than two months, when not only had every symptom entirely disappeared, but the physical signs indicating the

presence of tubercles in the lungs were removed; the high-pitched, harsh, breathing sound at first heard had given place to the low-pitched, breezy, respiratory murmur of perfect health. She continues to the present day enjoying robust health.

Case 3—Miss W. had declined in health for about fourteen months, when she was advised to try the treatment by the Swedish movements. She had nausea, vomiting, loss of appetite, shortness of breath, night-sweats, slept badly, had a severe cough, pain in the chest, and she had raised blood very frequently, in small quantities, during the last ten months. Considerable tubercular deposit existed at the apex of the left lung, but there was no evidence of softening. This lady made marked progress during the first ten days. Less than two months daily treatment sufficed to remove every symptom of consumption. Her periods had stopped, but were restored to a perfectly natural condition. Since then her health has been entirely satisfactory.

Case 4—Mr. B., a gentleman sixty years of age, had first raised blood about seven years ago. Since that time he was sometimes better and at other times worse; on the whole, however, he declined from year to year. He was frequently and strongly urged by a friend of his to try the Movement-Cure, which he very reluctantly agreed to do, having long ago lost all faith in medical men and their capacity to cure his difficulty. When he began treatment he was worse than he had ever been; yet, after two months' daily attendance, he was so well as to be able to undertake long journeys on business, although he had previously been afraid to leave the town in which he resided, lest he would not be able to return. The results, in his case, were very satisfactory to himself and his friends. He frequently declares his astonishment how any

treatment, of apparently so simple a character, can possess such curative power in so grave a disease as consumption.

Many cases similar to the foregoing could be cited, but these are sufficient to illustrate the points on which I wish to throw light concerning the curability of consumption.

For a more extended description of this method of cure, the reader is referred to a valuable little book entitled, "Prevention and Cure of Consumption," by the Swedish Movement-Cure, published by S. R. Wells & Co., 737 Broadway, N. Y.

COLDS AND COUGHS.

Most persons affect to despise colds; and as long as they can walk about, scorn to be confined by what they call a *common cold*. Hence it is that colds destroy such numbers of mankind. Like an enemy despised, they gather strength from delay, till at length they become incurable.

Cause—The application of cold to the body giving a check to perspiration, is the general cause of these complaints.

Prevention—Persons liable to coughs, from any little exposure to cold, should wear flannel next to the skin, but particularly over the chest; they should adapt their clothing to the vicissitudes of the weather, and be cautious how they expose themselves too quickly to the external air when heated by exercise or by crowded rooms.

Bathing is a useful preventive, and may often be employed as a curative means.

Remedies—1. An ordinary cold can be readily cured by soaking the feet in as hot mustard-water as can well be borne. Wipe them dry, and retire to bed. At the same time, take three drops of the spirits of camphor, and a tablespoonful of sugar in two tablespoonfuls of hot water.

2. The following has the reputation of being one of the best remedies in use, by those who have employed it, for coughs and colds. It has promptly cured many cases which were supposed to be in the first stage of consumption:

Two tablespoonfuls of flax-seed,
One tablespoonful of dry hoarhound,
One quart of water.

Boil for twenty or twenty-five minutes; strain, and add an ordinary-sized lemon (sliced), one stick of licorice, and an ounce of gum-Arabic. Boil fifteen or twenty minutes, and strain while hot. Dose, for a child, one teaspoonful; for an adult, one tablespoonful, and to be taken four or five times a day. This remedy will also cure common hoarseness. If the lemon cannot be procured, use a tablespoonful of good vinegar in its stead.

3. To one pint of water, add two teaspoonfuls of flax-seed; boil moderately for twenty minutes; then add the juice of one-half a lemon; sweeten to the taste, and drink the whole quantity, in divided doses, during the day. This is a favorite remedy with some people for the cure of colds.

4. Express, while warm, the juice from two carefully roasted lemons, and add two or three tablespoonfuls of brown sugar. Take a tablespoonful when the cough

is troublesome. You will find this to be as effective as it is pleasant to take.

5. Take equal parts of good vinegar and water; to a teacupful of this mixture, add as much capsicum (Cayenne pepper) as will lie on the point of a pen-knife; sweeten with honey or sugar. A teacupful will allay a cough; a dose taken at bed-time will generally enable the patient to rest well during the night. It may be taken whenever the cough is troublesome.

6. A medical writer says, "The best remedy I ever used for a cough is, equal parts of the tincture of black cohosh, blood-root, lobelia, and syrup of squills, taken in teaspoonful doses, three times a day."

7. For coughs and colds, of long standing, the Yerba Santa is an excellent remedy. It usually grows in mountainous sections of country, and especially on the Pacific Coast. It is now commonly kept in drug-stores. A tea is to be made of the leaves, and drunk freely, five or six times a day. The Spanish people regard this as the king of remedies in this disease, and believe that it will cure when all others fail.

Salt for Coughs—In many cases of troublesome coughs, if the patient will take a "pinch" of salt on retiring at night, it will measurably relieve the difficulty, and procure rest and sleep.

Cold in the Head, or Influenza—Smelling harts-horn frequently during the day will often relieve cold in head.

Take equal parts of good vinegar and water, and to a teacupful of this mixture add one teaspoonful of best African Cayenne; sweeten with honey or sugar. Dose, one tablespoonful, which will allay the cough very speedily. A dose taken at bed-time will generally enable the patient to rest well all night; if, however, the cough becomes

troublesome at any time before morning, another spoonful will allay it. See page 454, vol. ii.

CHOLERA MORBUS.

Cholera morbus is a violent purging and vomiting, attended with gripes, and a constant desire to go to stool. It comes on suddenly, and is most common in autumn. There is hardly any disease that kills more quickly than this, when proper means are not used in due time for removing it.

Causes—It is occasioned by a redundancy and putrid acrimony of the bile, cold, food that easily turns rancid or sour on the stomach, as butter, fat pork, sweetmeats, cucumbers, melons, cherries, etc. It is sometimes the effect of strong acrid purges or vomits, or of poisonous substances taken into the stomach. It may likewise proceed from violent passions or affections of the mind, as fear, anger, etc.

Symptoms—It is generally preceded by heart-burn, sour belchings and flatulencies, with pain of the stomach and intestines. To these succeed excessive vomiting and purging of green, yellow, or blackish-colored bile, with a distention of the stomach, and violent griping pains. There is likewise a great thirst, with a very quick, unequal pulse, and often a fixed, acute pain about the region of the navel. As the disease advances, the pulse often sinks so low as to become quite imperceptible, the extremities grow cold or cramped, and are often covered with a clammy sweat; the urine is obstructed, and there

is a palpitation of the heart. Violent hiccoughing, fainting and convulsions, are the signs of approaching death.

Remedies—1. Take ground black pepper, one tablespoonful, and as much table-salt; one-half tumblerful of warm water, and as much good vinegar. Dose, one tablespoonful, every few minutes, until the whole is taken. This may be relied on in curing cholera morbus, and, also, genuine cholera, if taken at the commencement. The first dose may be vomited. If this is the case, repeat the dose. The vomiting will seldom return. In the mixture, use cider vinegar, if it can be procured, and stir it well, each time, before using.

2. Pulverized chalk is said to be a cure for this disease, if taken in tablespoonful doses. What is called prepared chalk should be used, if at hand, as it is much preferable to the other. It may be procured at drug-stores.

3. The following old remedy has been very highly praised, for the treatment of cholera morbus :

Take, of Rhubarb (pulverized).....	2 scruples.
Saleratus	do.....2 scruples.
Peppermint (plant)	2 scruples.

Add a half pint of boiling water, and sweeten with loaf sugar. Dose, one tablespoonful every half hour, hour, or two hours, according to the urgency of the symptoms. This is one among the most valuable preparations, for not only cholera morbus, but for cholera, cholera infantum, diarrhea and dysentery. It is the celebrated “Neutralizing Mixture.”

4. A good and often effectual remedy in cholera morbus, is simply to make a weak lye, about as strong as common tea, from hard wood ashes, and take a wine-

glassful of it every two or three hours. It also is a sure regulator of the bowels.

In the American practice we find the following very highly recommended: Take of the best Turkey rhubarb, bruised or pulverized, half a drachm, saleratus half a drachm, peppermint plant half a drachm; grind all together in a mortar, and put the powder in a tea-cup, with loaf-sugar enough to sweeten; then add half a pint of boiling water. Dose, one tablespoonful every half hour, or as often as vomiting and purging takes place. The effects of this medicine are truly surprising, it being seldom that a patient will vomit up more than one dose of it, if he vomits at all.

Accessory Means—Hot bricks may be applied to the feet, and they should be bathed in warm lye-water. The patient should take freely of mint tea, slippery elm, and other mucilaginous drinks. Cold water poured upon bread toasted very brown or black, makes a very grateful and medicinal drink. Indian or oatmeal gruel also, has a very excellent effect upon the bowels in this disease; it acts as a soothing or emollient poultice to the stomach and intestines, while at the same time it affords nourishment.

During convalescence the patient should be careful in his diet; using light, digestible, nourishing food. He should keep himself warm, guard against exposures to cold and damp, and avoid all kinds of intemperance. Oatmeal, made into a cake with water, baked, then browned and made into a coffee, is very useful in allaying the distress and vomiting.

CHAFING.

Remedies—1. Simple cerate is one of the best applications used, for this troublesome complaint, applied once or twice a day. Every mother, with a young babe, should constantly keep the cerate in the house, for such cases. It is made of white wax and lard, but can be found already prepared at all drug-stores.

2. Another good remedy is alum-water, where chafing is caused by walking. The wash may also be used as a preventive. It should be applied at night by means of a soft linen or cotton cloth. A piece of alum, the size of a hazel-nut, dissolved in one-half a teacupful of water, is about the right strength. The pulverized article is more convenient for use.

3. The following is a speedy cure in all cases of this kind: Nitrate of silver, 5 grains; distilled or soft water, 4 tablespoonfuls. Use one to two teaspoonfuls at a time. Care must be exercised in its use, for it will permanently stain white clothing. Before using this preparation, cleanse the parts with Castile-soap and water. Some follow the use of this remedy with lycopodium powder, which is a good plan. Fuller's earth is also a good remedy, dusted on the parts. To be had at drug-stores.

Accessory Measures—An admirable means, for this difficulty, is to wash the parts with cold or tepid water, and carefully dry them, two or three times a day.

As a preventive, grown people may wear cotton between the parts which rub together.

C O R N S .

Remedies—The following are among the best means for removing corns. But it should be borne in mind that a process that will remove them, in one individual case, may fail to effect the same purpose in another.

1. Apply spirits of turpentine, several times a day, by means of raw cotton, bound on the corn. This will often be sufficient to remove it, in a few days, without pain. If this application should fail, pare the corn to the quick, and apply the turpentine as before.

2. Coal-oil, applied as above, is a very effective remedy in many cases.

3. Bind securely, at night, a piece of lemon on the corn. Frequently, on the following morning, the corn may be removed by a penknife. In some cases, several applications of the lemon may be necessary.

4. A very superior remedy for corns, is to spread adhesive plaster on a small piece of soft leather or buckskin, with a circular hole corresponding to the size of the corn. Thus, by removing the pressure and friction, the corn will disappear.

5. Place the feet for half an hour, for two or three nights successively, in a strong solution of common soda. The alkali dissolves the cuticle, and the corn falls out spontaneously, leaving a small excavation, which soon fills up. This is an almost certain remedy.

Soft Corns—A piece of cotton, applied fresh every morning, gives no inconvenience, and is cleanly and efficacious.

The following remedial means has been found very effective, and has the advantage also of being exceedingly simple: Place, between the toes, a small piece of newspaper, folded several thicknesses. Change it every morn-

ing, before putting on the shoe, and wear it through the day. At night, remove this piece and substitute another prepared in the same way, thus wearing the folded paper, night and day, for four or five days, or a week. The paper prevents friction and chafing and also removes direct pressure on the corn; after which, nature effects the cure.

Castile soap, placed between the toes, is said to be both a cure and a preventive of soft corns.

CHOLERA.

Cholera, a miasmatic disease, propagated through the air, and communicable from one person to another, is usually ushered in by premonitory *painless* diarrhea, and accompanied by sudden prostration, tremors, dizziness, spasm of the bowels and limbs, faintness, profuse serous (rice water) or bloody discharges, vomiting, burning heat at the stomach, coldness and dampness of the whole surface of the body, cold tongue and breath, unquenchable thirst, feeble, rapid pulse, extreme restlessness, oppressed breathing, *albuminous* or suppressed urine, blueness of the body, sunken and appalling countenance, peculiar odor from the body, collapse, and finally, unless reaction comes on, death.

Cause—Physicians are not yet agreed as to the exact character of the cause, but are unanimous in regarding the disease as a most serious one. Instances of death taking place in two, three, four, or more hours, are extremely common. The experience gained during former visitations of cholera teaches us that it seizes the poor in a far greater proportion than the rich, that the

most potent conditions favorable to its spread are poverty, overcrowding, filth, intemperance and impure water; and that as we prevent the accumulation of filth, foul air, and other causes of general disease, and supply the people with wholesome food and pure water, so we render inoperative the powerful agencies by which this dreaded disease chiefly spreads.

External Applications—At the commencement of the disease, cover the patient up warm, and apply warm flannels or bottles of hot water, or a warm brick, to the feet; but if the patient is in the stage of collapse, and the surface is bathed with a profuse cold perspiration, do not apply external heat, as it will only make him uncomfortable, and increase the exhausting perspiration. In this stage, rub the surface, especially the extremities, freely with the dry hand, or a dry warm piece of flannel, or a coarse towel—the bare hand is the best.

Remedies—At the commencement of the attack, if there are great weakness, or chilly sensations, copious sweats, and feeble pulse, disordered vision or dizziness, give a drop of spirits of camphor in a teaspoonful of water, every five or ten minutes, until such symptoms are relieved; at the same time cover the patient in bed, and apply hot, dry flannels to his feet, so as to get him into a gentle perspiration if possible. This course will often check the disease in an hour or two.

Should this not succeed, and the patient continue to become rapidly worse, give the following immediately: “One tablespoonful of ground black pepper and as much table-salt, four tablespoonfuls of good cider vinegar, added to a tumbler of hot water. This is one of the best cholera medicines in general use. The whole to be taken during five or ten minutes, in tablespoonful doses. No

one need have any fear of this disease with this remedy at hand.”—[*Dr. Jordon.*]

The following is Dr. Ure’s celebrated remedy for cholera :

“Tincture of kino.....1 ounce.
Tincture of opium.....4 drachms.
Common starch.....1 ounce.
Tepid water.....3 wineglassfuls.
Mix. Inject slowly into the bowels.

This injection mixture should be of about the thickness of thin gruel. If it should come away, it should be repeated immediately. If the injection be properly administered, and in sufficient quantity, it will stop the discharge from the bowels in fifteen minutes, and nothing will pass them for several days. The patient is then safe.

A weak mixture of chloroform, spirits of camphor and turpentine, may also be taken by the mouth. It is the only internal remedy that I have ever seen amount to much. Says the Doctor, “If the above injection cannot be quickly obtained, a preparation of starch-water, containing a solution of alum or laudanum, forms a cheap, convenient and effective injection. This is a never-failing cure.”

General Directions—*Absolute rest* in the recumbent posture, from the very commencement of the diarrhea. A *hopeful and cheerful state of mind* should be fostered: a presentiment of death being unfavorable.

The sick-room should be warm but well ventilated. The return to ordinary diet should be slow. Evacuations, bedding, and clothing should be disinfected. See Section on “Nursing.”

Preventive Treatment—When cholera is epidemic, *camphor* should be taken once or twice a day, in doses of two or three drops on sugar. The *simple diarrhea* which

often precedes malignant cholera should be promptly met.

Sanitary and Hygienic Measures—The following excellent advice has been given, and should be adopted on the earliest indication of cholera :

The house should be well aired, especially the sleeping apartments, which should be kept dry and clean.

All *effluvia* arising from decayed animal or vegetable substances ought to be got rid of ; consequently, *cesspools and dust-holes should be cleaned out, and water-closets and drains made perfect.* Disinfectants should be liberally used.

All exposure to cold and wet should be avoided, and *on no account should any one sit in damp clothes, particularly in damp shoes and stockings.* Care should be taken to avoid chills or checking perspiration. Clothing must be sufficient to keep the body in a comfortable and even temperature.

Habits of personal cleanliness and regular exercise in the open air should be cultivated ; also regularity in the periods of repose and refreshment ; anxiety of mind and late hours should be avoided.

The diet should be wholesome, and adapted to each individual habit. *Every one should, however, be more than ordinarily careful to abstain from any article of food (whether animal or vegetable) which may have disordered his digestion upon former occasions, no matter how nutritious and digestible to the generality, and to avoid all manner of excess in eating and drinking.*

Raw vegetables, sour and unripe fruits, cucumbers, salads, pickles, etc., should not be allowed.

Wholesome varieties of ripe fruits, whether in their natural or cooked state, and vegetables plainly cooked, may be taken in moderation, by those with whom they agree.

During the active stage of the disease, nothing but

the most simple drinks, such as rice-water, arrow-root, corn-starch and toast-water, should be allowed, and even of such liquids only small quantities at a time.

When the vomiting and purging cease, the above drinks may be made thicker and more nourishing, and when the appetite seems to demand it, thin puddings of arrow-root, rice, or corn-starch may be allowed, and after a day or two more, toast, cracker and meat. Food in substance, like toast, rice, or meat, should never be given more than three times a day, to a patient while recovering from this or any other disease, as the stomach needs seasons of rest.

Take, of rhubarb (pulverized).....	2 scruples.
Salaratus do. 	2 scruples.
Peppermint plant do. 	2 scruples.
Add boiling water.....	$\frac{1}{2}$ pint.

Sweeten with loaf sugar. Dose, one tablespoonful, every 30 or 60 minutes, according to the urgency of the symptoms. Its operation and action appear to be specific or almost infallible, for not only cholera, but also cholera-morbus and cholera-infantum.

Preventive and Curative—From hard wood-ashes, make a weak lye, about as strong as common tea. Take half a wineglassful after each meal. This has been used with complete success, as a preventive, for many years, when the cholera has been prevalent, and also successfully used in checking it in the first stages of the disease. The dose, in such cases, is to be repeated often. It is also a sure regulator of the bowels.

CHILBLAIN, OR FROST-BITE.

Chilblains are painful, inflammatory swellings, of a deep purple or leaden color, to which the fingers, toes, heels and other extreme parts of the body are subject on being exposed to a severe degree of cold. The pain is not constant, but rather pungent and shooting at particular times, and an insupportable itching attends. In some instances, the skin remains entire; but in others it breaks and discharges a thin fluid. When the degree of cold has been very great, or the application long-continued, the parts affected are apt to mortify and slough off, leaving a foul, ill-conditioned ulcer behind. Children and old people are more liable to be troubled with chilblains than persons of middle age; and such as are of a scrofulous habit are very apt to suffer severely from them.

The best mode of preventing these affections is, to avoid any exposure to wet or cold; therefore, those who are subject to them should be cautious, on the approach of winter, to keep warmly clothed.

Remedies—1. Apply, morning and evening, a strong solution of alum-water, as hot as it can be borne. It will effectually cure chilblains.

2. They may also be cured by bathing and rubbing the parts, once or twice a day, for twenty or thirty minutes, in lye of wood-ashes. Use as hot as can be borne.

3. Take lime and make a white-wash mixture—a foot-tubful of it—and as warm as you can conveniently bear it. When the chilblains begin their nightly itching, plunge the feet into it. The relief will be instantaneous. At the end of thirty minutes take them out. They will be free from pain. Rub them briskly and there will come off rolls of dead skin. Anoint the feet with mutton-tallow; then put on a pair of cotton socks, and go to bed. Re-

peat the application two or three times, and you need not suffer from frozen feet, longer than it will take you to get the white-wash ready on each recurrence of frost-bite.

4. Another means of curing chilblains, if they are not in the advanced stages, is the following: Each night, wash the feet in cold water (soft water is much the best if it can be had). After wiping dry, warm them before the fire, and at the same time, rub them well with the hands.

In cases where chilblains ulcerate and slough, constitutional treatment will be demanded; and for this purpose, give a syrup, made of black cohosh, one ounce, in one pint of water. Boil to one-half pint, strain, and, while hot, add one-fourth pound of loaf sugar. When cool, add enough spirits—say two tablespoonfuls of whisky—to keep the mixture from souring. Dose, one tablespoonful, three times daily.

CHAPPED HANDS, LIPS AND FACE.

Remedies—1. These may often be healed by the frequent application of honey-water, and protecting them from the influence of cold air.

2. Camphor-ice is very useful and effective for the same purpose. This is prepared as follows: Melt slowly, an ounce of camphor and one of fresh mutton-tallow; stir well. This may be applied two or three times a day. This is the same article found at the drug-stores, and sold at such expensive rates.

3. Put six or seven drops of glycerine into the water before washing the hands, or drop three or four drops in the palm of the hand after washing off the soap and dirt.

rub all over the hands and wrists, then dry them thoroughly, and a cure will soon be effected.

4. Wash the hands with warm water, wipe them dry, then grease them with mutton-tallow. Do this before going to bed, and put on a pair of gloves, to avoid greasing the bed-clothes. Practice this for a few days. It will cure the hands and make them soft, white and smooth.

5. Washing them in vinegar is also excellent for this purpose. See page 455, vol. ii.

CATALEPTIC FITS.

Symptoms—This disease is characterized by a greater or less loss of consciousness, with rigidity, sometimes of all the muscles of the body, and sometimes of only a part. The limbs are not usually so stiff that they cannot be bent, but the peculiarity is that they retain the position in which they are placed, however awkward it may be. The paroxysm may last but a few minutes, or it may continue for hours or days. This disease resembles hysterics, in many respects, and arises from similar causes.

Remedies—Catalepsy requires no treatment during the paroxysm, unless there are certain symptoms demanding it, such as flow of blood to the head, palpitation of the heart and feeble pulse. Generally, it is better to let the patient alone until the fit passes off naturally.

1. The juice of the plantain-leaf is reputed to be a cure for catalepsy. Dose, one teaspoonful, twice a day.

2. The shower-bath, exercise in the open air, and a nutritious, easily-digested diet should be directed. Sea-bathing, if practicable, is of great importance.

3. If a person fall in a fit, let him remain on the

ground, provided his face be pale ; for, should it be fainting, or temporary suspension of the heart's action, you may cause death by raising him upright ; but if the face be red, or dark-colored, raise him to a sitting posture, and sprinkle cold water on his head immediately.

C A T A R A C T .

This is an obstruction of the pupil of the eye, by some substance, which either diminishes the sight, or destroys it altogether, and can generally be distinguished by a change in color within the pupil of the eye.

Remedies—If the specks are soft and thin, they may sometimes be taken off by gentle caustics, such as vitriol or the juice of calandine.

This disease is very difficult to cure, and often requires the treatment of a skilled oculist.

Accessory Treatment—All close or continued exertion of the eyes must be abandoned ; reading and fine needle-work must be avoided ; exercise in the open air must be taken daily ; the feet should be bathed in warm water every night ; and the head dipped in cold or tepid water every morning.

C H I C K E N - P O X .

The eruption is often the first symptom noticed, in other cases a fever, with some headache, precedes the eruption for from a few hours to one or at most two

days, and goes off when the eruption appears. The eruption may be numerous or but few. Small, irregular-shaped, transparent vesicles make their appearance on a slightly red surface, and rapidly enlarge to an eighth of an inch in diameter, sometimes even larger. There is more or less itching, causing the child to scratch. At the end of three or four days, they begin to dry up, forming small brown crusts, which fall off at the end of eight or ten days. Scratching the vesicles or blisters sometimes causes the formation of large scabs which may leave pits.

Remedies—It is not considered that any danger ever attends this complaint; but should the fever run high, let the patient take, of the tincture of aconite, two drops, in a tumblerful of water, well stirred together. Of this, use two teaspoonfuls every two or three hours. If he has much thirst, let him drink freely of cold water, and abstain from the use of all kinds of hot teas and slops, that patients with chicken-pox or measles usually have poured down their throats.

Accessory Treatment—Attention to diet as in simple fever, especially if the digestive organs are impaired. Milk-diet is best. Exposure to cold should be avoided, especially in cold weather, but the room should be kept well ventilated. The child should be prevented from scratching the skin when the scales are formed.

CANCER (Carcinomas).

A cancer is an ulcer of the very worst kind, with an uneven surface, and ragged and painful edges, which spreads in a very rapid manner, discharges a thin, acrimonious mat-

ter, that excoriates the neighboring integuments, and usually has a very fetid smell, and which is generally preceded by a hard or scirrhus swelling of the part, if glandular. The disease is most commonly confined to glands, and particularly the breasts, now and then to be met with in the womb, the face, and other parts.

The cancerous sore is extremely irregular; on its surface are seen various prominences and excavations, from one or more of which a hemorrhage is frequently observed to proceed. It is attended with a peculiarly burning and lancinating pain, which is generally intermittent. The edges are thick, indurated, and often exquisitely painful, and acute pains are very frequently felt darting through the tumor. The odor of the discharge is frequently so intolerably offensive that it is difficult to inhale it long, and of a very excoriating or scalding nature.

There is a species of cancer called *no li me tangere*, which means, *touch me not*. It appears on the surface, generally the face, and is very small and slow in its progress, and rough, scaly, and itchy. It will continue for a great many years without much injury, or perhaps danger. Cancers of the female breast proceed to a more speedy termination, particularly when they have submitted to empirical treatment by the knife; there are few exceptions.

Remedies—1. The juice of the full-grown leaves of the poke-root, allowed to thicken by evaporation in the sun, and then made into a thick plaster, with gunpowder, and applied once a day, has effectually cured many cancers.

2. Sheep-sorrel has been a celebrated remedy for the cure of cancer. It is used in the form of a plaster made by expressing the juice of the green herb, evaporating it in the sun, to the consistency of a salve, and ap-

plying it twice a day. This juice should be placed in a *pewter plate* to evaporate, as oxalic acid combines with the lead in the pewter, which is necessary in forming the compound.

3. Cranberries are reputed a very efficacious remedy in this disease. They are to be first mashed in a mortar, then spread on a cloth and applied to the cancer, changing the poultice three times a day. In two or three days it may become sore, drawing out pustules that fill like small-pox. This process must be renewed until the whole is drawn away, and the cancer becomes soft, and decreases in size, and finally disappears.

Dr. Elisha Smith, formerly president of the New York Association of Botanic Physicians, says,

“If the cancer has become open, and ulceration commenced, apply the flesh of fresh-killed chickens. This will extract the fever and acrimonious poison astonishingly, and become in the course of two or three hours, perfectly rotten and corrupted with it. They should then be changed for a fresh application. This method should be continued till the poison and life of the cancer are extracted, when the whole substance of the tumor will become a dead mass, and may be taken out with ease, and without pain. If it is not convenient to obtain chickens’ flesh to apply continually, it may be alternated with poultices of charcoal and yeast, which also extract putridity. The flesh of any animal is good, but I consider chickens preferable.”

The following recipe is by the renowned Dr. Gilbert, a name justly and widely celebrated in the cure of this species of affection: Take, of strong apple vinegar, one-half gallon; verdigris, one-half pound; honey, one pint; place in a copper-kettle with four or five bars of pewter-solder; boil very slowly, or simmer over a moderate fire,

until reduced to one-half the quantity. Keep in a well-closed glass-vessel, as exposure to the air decomposes it. First wash the ulcer with Castile-soapsuds, and if any proud flesh or unhealthy granulation appears, apply vegetable caustic, or any other caustic best suited to the case. Then moisten lint with the above, and fill the ulcer with it. Over this, place a piece of folded muslin, large enough to cover all the inflamed parts, and bandage. Keep the whole constantly moistened with the preparation, never allowing it to become dry. The ulcer may be dressed as required, from one to three times a day.

Few things contribute more to the healing of foul, sordid ulcers of any kind than keeping them thoroughly clean. This ought never to be neglected. The best application for this purpose seems to be the carrot-poultice. The root of the common carrot may be grated, and moistened with as much water as will bring it to the consistence of a poultice. This must be applied to the sore, and renewed twice a day. It generally cleans the sore, eases the pain, and takes away the disagreeable smell, which are objects of no small importance in such a dreadful disorder.

Wort, or an infusion of malt, has been recommended not only as a proper drink, but as a powerful medicine, in this disease. It must be frequently made fresh, and the patient may take it at pleasure. Two or three pints of it may be drunk every day for a considerable time. No benefit can be expected from any medicine in this disease unless it be persisted in for a long time.

Dr. S. Thomson's Cancer Plaster—Take of the heads of red clover sufficient to fill a two-gallon brass-kettle, and boil them in soft water for one hour; then remove these from the kettle, pressing the liquor out from them, and fill the kettle again with fresh heads, which

must be boiled in like manner in the same liquor, adding as much more water as may be necessary. After boiling these about an hour, the liquor must be strained off and the clover-heads pressed as before to get it all out. Then return it into the kettle and boil or simmer down to the consistence of thick tar. Very great care must be taken in boiling it down to prevent its burning; as by burning, not only the burnt part is destroyed, but the remainder is in some measure deprived of its medical properties.

When used it it should be spread upon a piece of bladder, suet-skin, thin cloth or strong paper.

If the cancer is discharging, change and renew the plaster at least twice a day.

This has proved successful in curing many cancers.

CANKER OF THE MOUTH (*Cancerum Oris*).

Symptoms—This disease is characterized by the membrane covering the sides of the tongue and inside of the cheeks becoming red and inflamed, and afterwards covered with large ulcers. The tongue becomes swollen; there is a profuse secretion of saliva, or spittle, the breath is offensive, and swallowing difficult.

Remedies—1. Use the following wash: Take one gill of yeast, and two of milk, and sweeten with molasses. Use three times a day, and at the same time take a wineglassful of it, internally, twice a day. This will be found very effective. -

2. In severe cases, the following is a very good treatment: To a teacupful of sage-tea, sweetened with honey or loaf sugar, add fifteen drops of the tincture of

iron. Mix well together, and, with a little soft lint, touch the ulcerated parts three or four times a day.

3. Strong beef-tea, raw eggs, beaten together with milk, are generally necessary.

When, in young infants, it is desired to wash the mouth with the swab, great care and caution should be employed in its use. A little soft lint on the end of a quill, and wet with the solution, should be lightly applied to the ulcers.

4. The golden seal (*Yellow Puccoon*) is a very popular remedy in the treatment. A strong tea of it is to be used as a gargle or wash, three or four times a day.

5. When the ulcers are on the outside of the lips or cheek, apply a poultice of charcoal and yeast; or use carbolic acid and water, in the proportion of one teaspoonful to half a pint of water. In mild cases, apply three times a day; in severe cases, use every three or four hours.

Accessory Treatment—First of all, the child requires fresh air and sunlight, and next suitable food, milk thickened with coarse flour, a thin pudding made of the same, beef-tea, mashed potatoes, and, subsequently, beef or mutton. See page 454, vol. ii

HABITUAL COLD FEET.

Some people are often troubled with cold feet, caused by dampness from perspiration. In such cases, do not wear cork insoles, as some do, for they become saturated, and hold the moisture.

Remedies—1. The best plan is to cut a piece of

thick cloth, the size of the foot, and baste upon it half an inch in thickness of curled hair. Wear it inside of the stocking or sock. It should be removed at night, and placed by the fire to dry until morning. The hair creates a warmth, and, at the same time, conducts the dampness to the cloth. Cold and damp feet should be avoided, as they are a prolific source of disease.

2. A tincture, of the berries of prickly ash, will often relieve this difficulty, taken in doses of from one to two teaspoonfuls, two or three times a day.

3. Another good plan, is to wear two pairs of socks, of different material. One of woolen, and the other of cotton or silk.

4. The following is recommended as a means of preventing cold feet: Get two copper and zinc plates, to correspond to the size of the shoe or boot you wear. The end of one is to be lapped upon, or interlinked with, the other, about half or three-quarters of an inch. This lapping is to be in the hollow of the foot. Zinc and copper, like many other metals, when thus intimately associated with each other, generate an electric fluid, which, it is said, will re-establish the equilibrium of heat throughout the body. These plates may be purchased at surgical and optical instrument stores.

5. Rub the feet with gum-camphor and red pepper, equal quantities, finely pulverized.

6. Brandy and mustard-seed is also another good remedy for cold feet, if used in bathing them, just before retiring.

Some feet are kept more comfortably warm with woolen socks, others with cotton, others again with two thin pairs; as that which is best adapted to one is not always to another.

Accessory Measures—If you are subject to cold feet, immerse them morning and evening in cold water, rub with a rough towel, and run about your room till they burn. In one month, usually, you will be entirely relieved. But in some cases, nothing external or internal can cure cold feet, if the stomach does not promptly digest its food. A cheerful spirit, simple food, with appropriate out-door exercise—these constitute the true medicine for cold feet in such cases.

Whenever the feet are cold, go direct, if possible, to the fire. The quickest and best way to warm them is to draw off the stockings and hold them to the fire, rubbing the soles and between the toes until perfectly dry. This should be done by all men who are out of doors most of the day, first washing them, then wearing another pair of socks for the remainder of the evening.

It is a bad practice and most hurtful to sit around the fire for a whole evening in the same boots and shoes worn during the day; besides it makes disagreeable-smelling feet, because the perspiration condenses, is mixed with the dirt that accumulates while walking, and then there are decomposition and a noisome smell.

Cause of Fevers—Every one knows that fevers are often occasioned by the application of cold to the feet, which drives the blood from the extremities and throws it upon some organ, or retains such agents as ought to be eliminated, in consequence of which fever takes place. Now, it must be evident that there is no better method of preventing these consequences than by recalling the blood to the feet and surface, thereby preventing and removing fever, by bathing the feet in warm water, to which a small quantity of lye has been added.

I am persuaded that bathing the feet immediately

after exposure to wet or cold, in nine cases out of ten, aided by drinking freely of warm catnip or other tea, and then covering warm in bed, will prevent an attack of fever.

CONSTIPATION, OR COSTIVENESS.

Constipation and Purgatives—While we admit that constipation is not desirable, and may almost invariably be avoided by such measures as are pointed out further on, yet a tendency thereto is not so prejudicial as many persons suppose; indeed, persons thus predisposed are generally long-lived, unless they commit suicide by purgative medicines; while those who are subject to frequent attacks of diarrhea are soon debilitated. A daily action of the bowels is no doubt desirable in most cases, but by no means invariably so. An evacuation may take place daily, or every second day, or even every third day, in persons who are equally healthy, no invariable rule applying to all persons. The most erroneous and dangerous idea on this subject is that extremely popular one—that mild purgatives contribute to health, not only during sickness, but also occasionally in health, inasmuch as impurities are thereby expelled from the body. The fallacy of this may be easily demonstrated: Let purgatives be taken for a week, and however good may have been the health previously, at the termination of this period very much “impurity” will be discharged, especially after taking *jalap* and *calomel*.

Purgation produced by drugs is an *unnatural condition*, and although temporary relief often follows the use

of aperients, they tend to disorganize the parts on which their force is chiefly expended. The intestinal canal is not a smooth, hard tube, through which can be forced whatever it contains without injury; it is part of a *living organism*, and needs no force to propel its contents on their way; nor can such force be applied with impunity. Not only does the frequent use of purgatives over-stimulate the liver and pancreas, but also and especially the numerous secretory glands which cover the extensive surface of the intestinal canal, forcing them to pour out their contents in such excessive quantities as permanently to weaken and impair their functions, and so produce a state of general debility. The normal action of the stomach and intestinal canal being thus suspended, nausea, vomiting, griping, and even fainting are produced. The brain and vital energies are disturbed, occasioning lowness of spirits with melancholy, alternating with mental excitement and peculiar irritability of temper.

An important end will be gained when persons can be led to regard constipation as a mere result of other causes—a want of balance in the general system; and when general and remedial measures shall be directed to the correcting of this condition as the adequate means of curing constipation.

Constipation in Old Age—Daily evacuation, which is the rule in youth and middle life, is often an excess in advanced life, when three or four times a week are sufficient. It is desirable that this physiological fact should be known, as old persons often trouble themselves needlessly on this point. If constipation give rise to any inconvenience in the aged, it is best met by articles of diet.

Symptoms—Headache; feverishness; pressure or distension in the stomach and bowels; urging and repeated

out fruitless efforts to evacuate the contents of the bowels, or complete torpor without desire; pulsation or pain in the abdomen; piles and varicose veins; uneasy breathing, disturbed sleep; depression of mind, etc. If constipation be persistent, it may be attended with vomiting.

Causes—In most instances, constipation depends upon some faulty habit in the patient, the regulation of which will probably in every case suffice to remove this condition. The following are a few of the faults in question: Sedentary habits; smoking tobacco; drinking too much beer, port wine, or tea; dissipation; the exclusive use of superfine flour; taking food too dry and too destitute of succulent vegetables; neglect in attending to the calls of nature to relieve the bowels; loss of tone in the mucous lining of the bowels from the use of purgatives. Sometimes constipation is the result of disease in other parts—disease of the liver, brain or spinal cord, or their membranes. Here, again, the remedy must be directed to the cure of the disease, if that be possible, rather than to the simple removal of one of the symptoms to which it gives rise.

Remedies—1. A new remedy has recently been introduced to the medical profession, for constipation, which is pronounced by many practitioners superior to anything yet employed. In fact, some regard it as a specific. It is the cascara sagrada, or chitim bark (*Rhamnus Purchiana*.) Steep one ounce of the bark in half a pint of water for twenty minutes. Dose, one teaspoonful two or three times a day. Of the fluid extract, the dose is ten to fifteen drops, three times a day. If it should act as a cathartic, reduce the dose, or take less frequently.

2. The follow remedies are given on the recommendation of late medical authors: “To a four-ounce vial of soft water, add ten drops of the tincture of nux vomica; shake well together. Of this take a teaspoonful

on retiring at night. Half an hour before breakfast, on the following morning, have ready and take this additional remedy. Flowers of sulphur, one teaspoonful; simple syrup, four tablespoonfuls; mix well. Dose, one teaspoonful. Continue these medicines daily, taking the nuxvomica at night, and the sulphur in the morning, for several weeks, if so long a time be necessary. These remedies have been known, not only to relieve, but also to permanently cure many obstinate cases of constipation, when used in connection with proper dietetic habits."

3. A fresh egg, beat in a gill of water and drunk on rising in the morning, and at each meal, for a week or ten days, has cured obstinate cases. It might be increased to two or three at a time, as the stomach will bear.

CURE FOR COSTIVENESS WITHOUT MEDICINE.

Never postpone, to either pleasure, business or convenience, the call of nature, but obey her first and faintest intimation. This neglect is what produces, originally, the costive habit, and brings on the long train of diseases and ailments which follow in its course. The bowels should be evacuated every day, without fail, except in some extraordinary cases of illness. The best time for this is probably after supper, at night; for the reasons, first, that this is more likely than any other hour of the day to afford the necessary quiet and leisure; and, secondly, because any tendency to piles, which may be produced by straining at stool may then be followed and

overcome by a night of rest, instead of being aggravated by a day of labor. We would, therefore, advise every one to select this hour, in preference to any other of the twenty-four, for this purpose. But, whatever hour you select, the all-important point is, that it should be fixed and changeless, like "the laws of the Medes and Persians." No ordinary exigency of domestic, business or society claims should keep you from this appointment. It is a solemn and holy tryst with Nature, which you break at your peril; for Nature is like a coy mistress, and cannot easily be induced to meet you again after you have once disappointed her.

It may be well for those who lead a sedentary life, and who have been, for a long time, troubled with costiveness, to eat freely of Graham-bread and apple-sauce, especially at breakfast. Meat, hot biscuits and coffee should be taken sparingly, and never for supper.

A tablespoonful of corn-meal, stirred into a glass of water and taken before breakfast, for several consecutive mornings, will aid in the cure of obstinate cases, and help them to the re-establishment of natural habits. Nearly all fresh and ripe fruits are also favorable. Above all, let it be remembered, that the chief difficulty is in making up one's own mind, firmly and decidedly, to pursue the course directed. This done, no one will long be troubled with the curse of costiveness.

Do not fail to read the article on "Costiveness," in the second volume of this work.

Diet and Accessory Treatment—*The most important measure, without which remedies will be of little use, is to make an attempt to have a passage at a regular hour every day, or every other day, and never neglect this duty.*

Meals should be taken with regularity, animal food

eaten sparingly, but vegetables and ripe fruits freely. Coarse oatmeal porridge, with molasses, may be taken for breakfast, and *brown bread should always be preferred to white*. If brown bread be not eaten exclusively, a little should be taken with nearly every meal; its effects will thus be more uniformly exerted through the alimentary canal than if only taken occasionally. Water is an extremely valuable adjunct, both as a beverage and for external use. For tea and coffee, cocoa from the nibs may be substituted with great advantage. Spirituous liquors, highly-seasoned food, and late suppers, should be strictly avoided.

Walking-exercise in the country, with the mind unencumbered, is useful, particularly in the morning; but it should not be carried to the point of inducing fatigue or much perspiration. *Friction* over the abdomen, by towels, horse-hair gloves, or the hands, is frequently of great utility; it tends to rouse the paralyzed action of the bowels, and to dispel accumulations of flatulence.

Injections—In obstinate, protracted constipation, attended with feverishness and hardness, or fullness of the bowels, and when it is ascertained that the lower bowel is obstructed with fecal matter, too large or too hard for discharge, and the means before suggested have not proved at once effectual, the enema, or injection may be used as an almost certain means of obtaining temporary relief. The injection should consist of about a pint of tepid water, which should be carefully and slowly injected up the rectum by means of a syringe. Unirritating in its operation, and acting directly on the seat of obstruction, an injection is far preferable to deranging the whole alimentary tract with strong drugs, which excite violent action only to reduce it to a state of greater debility and torpor than existed before.

A very neat and effective means for an injection is, to take a piece of Castile-soap, and, after shaving it with a knife, into a proper shape and size, having it pointed at one end, introduce it into the rectum and retain it there for a minute or two. The result is generally a speedy action of the bowels.

Similar prompt results will be obtained by using a piece of writing paper. Take a square piece and roll it from one of the corners, so that one extremity shall be much smaller than the other, and pointed. Use this the same as the soap. It is a neat, safe and effective means to move the bowels of infants, and always at hand.

Costiveness in children generally disappears as soon as the child is weaned, and he begins to run around, unless the bowels have been weakened by cathartics or laxatives.

CATARRH, OR INFLUENZA.

This disease sometimes prevails epidemically, and to this form it is that medical writers apply the term influenza; whilst cases that occur incidentally, are called catarrh, or cold. When it prevails epidemically, it undoubtedly depends upon the state of the atmosphere; though in some cases it has been attributed to contagion.

In general, it comes on with a dull pain or sense of weight in the forehead, sometimes preceded by a slight chill, a redness of the eyes, and a fullness and heat in the nostrils, which is soon followed by a discharge of thin

acid fluid from the nose, together with a soreness in the wind-pipe, hoarseness, frequent sneezing, dry cough, loss of appetite, and general lassitude; towards evening the pulse becomes considerably quickened, and a slight fever arises.

In the progress of the disorder, the cough is attended by an expectoration of mucus, which at first is thin, white, and thrown off with some difficulty; but becoming gradually thicker and of a yellow color, it is at length brought up with more ease and less coughing.

Influenza is seldom attended with fatal consequences, excepting with very young children, persons who are old and feeble, or those who are of a consumptive habit; but usually terminates in a few days, if not too much neglected, either by an increased expectoration or a spontaneous sweat. It, however, in some instances, lays the foundation for pulmonary consumption, or produces a tendency to asthma, or dropsy of the chest. Occasionally it becomes habitual, and is accompanied with difficulty of breathing, especially in winter.

The description which we have given, only applies to the worst forms of this disease, from which it may be traced, by imperceptible gradations, down to cases which do not interfere with a person's ordinary business.

Remedies—1. The following new remedy has been recently introduced to the medical profession, and is regarded, by many, as excelling anything yet published, for the catarrh:

Yerba reuma 2 ounces.

Alcohol 1 gill.

Water 2 gills.

First mix the water and alcohol, then add the herb. Let stand five days, then strain and express the juice. Put one tablespoonful into two of water, and it is ready

for use. If there is any discharge from the nose, first snuff some water to cleanse the parts. Then pour one teaspoonful of the liquid into the hand, and snuff it into one of the nostrils, while pressing on the other with the finger; after which, repeat the same with a second teaspoonful in the other nostril. Employ this medicine in this way, four or five times a day. If there is any offensive smell existing, add five drops of carbolic acid to each of the above tablespoonfuls, and two of water.

If the herb cannot be obtained, the fluid extract usually can; and of this, take one part, added to two of water, and use as above.

Patients must remember, that it often requires months to cure this disease; therefore, perseverance must be their motto.

2. Experience has demonstrated that common table-salt is one among the few remedies that will cure catarrh, when perseveringly used. We know of more cases of it, that have been cured by this remedy, than by any other means. It having been used so much longer, for the treatment of this disease, than yerba reuma, the aggregate of its results is only the better known on that account. Make a strong solution, and snuff it up the nostrils, retaining it there for a minute or two, by holding the nose with the fingers, and immediately repeat the same operation. And recollect to always employ only one nostril at a time, as directed with the above medicine. The salt should be used, in this manner, at least three times a day.

3. The following is also an excellent remedy: Make a moderately strong tea, of the inner bark of the common hemlock. To each half-pint of this, add one teaspoonful of salt. This should be warmed and snuffed, from the palm of the hand, three or four times daily. Use water

in the same way first, to cleanse the parts of the discharges. At the same time, it would be well for the patient to use the following as an inhalation :

4. Chloroform.....1 ounce.

Iodine..... 10 grains.

Mix. Inhale three or four times daily, until, each time, it makes you feel a little dizzy.

5. A remedy that has been used recently, in Paris, with success, in this disease, is spirits of ammonia. It is applied by inhaling it through the nose.

DROPSY.

Dropsy is a watery accumulation in the areolar tissue, more or less general throughout the body.

It is of two distinct varieties ; for, besides its occurrence in the meshes of the loose tissue beneath the skin, it may take place as a *local* dropsy in any of the natural cavities or sacs of the body, and is named according to the parts involved. If the accumulation occur in the ventricles of the brain, it is called *hydrocephalus*; if in the membrane that lines the surface of the lungs, *hydrothorax*; if in the membrane of the heart, *hydropericardium*; if in the membrane of the intestine, *ascites*.

According to Murchison, there are three forms of dropsy—partial dropsy, dropsy at first partial but afterwards becoming general, and dropsy which is general from the first. 1. Partial dropsy is always due to excessive venous repletion ; and this over-distension of the small veins is the result of some mechanical impediment to the venous circulation. Dropsy due to obstructed portal cir-

culation may be recognized by the following clinical characters. It *begins* in the abdomen; difficult breathing *follows*, but does not precede the ascites; there is a tendency to vomiting, diarrhea and piles. Further, the spleen becomes enlarged, and there are varicose veins on the right side of the abdomen. 2. Dropsy at first partial but afterwards becoming general, commences in the feet and extends upwards; and this is also due to excessive venous repletion, from obstructed venous circulation. 3. Dropsy invading all parts of the body at once is due to diminished exhalation in one part, leading to compensatory exhalation in another. This is almost invariably *renal*, and albumen is present in the urine. Here dropsy results from diminished exhalation of water from the kidneys, and is consequently chiefly met with in those forms of kidney-disease in which the tubes are blocked up by diseased or inflammatory products.

Character of the Swellings—Dropsical swellings are soft, *inelastic*, diffused, and leave for some time the indentation made by the pressure of a finger. In chronic cases, and when the swelling is very great, the skin becomes smooth, glassy, and of a dull-red or purple color; and where the skin is less elastic, it becomes livid or blackish, and troublesome, even gangrenous; or sloughs may form.

The most common attack of this disease is the dropsy of the abdomen, called ascites, which is easily distinguished by a sense of weight or swelling of the abdomen, with a gradual accumulation of water; the weight being felt on the side on which the patient generally lies.

Dropsy is usually the effect of other diseases. It sometimes arises from pressure upon the blood-vessels, as in pregnancy and tumors. It is especially produced by

intemperance ; for drunkenness more frequently produces this disease than any other cause.

In treating dropsy, of whatever organ, it is necessary to use such remedies as will act on the kidneys and skin, and excite them to increased activity. The result of this activity is, to diminish the fluids which have collected in one or another part of the body, and remain there unabsorbed, and cause them to be taken up by the kidneys, or thrown off by the skin, and thus carried out of the system through the natural outlets. Any remedy that accomplishes this object effectively, cures dropsy occurring in any part of the body ; so that, in general, dropsy of the bowels, chest, etc., may be treated by similar remedies, with the reasonable expectation of securing similar beneficial results.

Remedies—1. The common elder, which grows in all parts of the country, has become a very popular remedy for this disease. It is very simple, yet it has cured many cases.

It is made by boiling three handfuls of the inner bark in a quart of milk and water to 1 pint ; half of which is to be taken morning and night, every day until cured.

2. Take two drachms of the leaves of the fox-glove (*Digitalis*), and steep it for twenty minutes in a pint of water, and give one teaspoonful of the tea thus made, every three hours ; and, if the case is severe, it may be given every two hours. The remedy acts powerfully upon the absorbents, and also carries off, through the kidneys, large quantities of water ; at the same time, it strengthens the action of the heart and otherwise stimulates the circulation generally. *Digitalis* is generally cultivated in flower-gardens, and can be obtained at all drug-stores. It is a powerful medicine, and should be used with care ;

but this should not interfere with its use, for it is harmless when properly employed. In this disease, as in many others, it is seldom equaled in effecting a cure. It is almost a specific in dropsy of the chest, and valuable in all dropsical affections. It may be had at the drug-stores, either in its crude form—that is, the leaves—or it can be obtained in the form of a tincture. The tincture, however, is not as reliable as the infusion made as above directed, but will answer the purpose. The dose of the tincture would be, five drops three or four times daily.

3. The common rag-weed is another excellent remedy. In one case, where the patient seemed almost at the point of death, immediately after giving the rag-weed the water was carried off, the distressing and threatening symptoms passed quickly away, and the patient needed no other medicine, but made a speedy recovery. Prepare by making a strong decoction of the weed, and then add a table-spoonful of fox-glove (*Digitalis*) tea to a pint of the decoction. Take four or five tumblerfuls a day, according to the apparent necessity.

4. “The grape vine,” says a medical author, “is found to be one among the most valuable medicines known for the dropsy. It is prepared by taking the inner bark of the vine and burning it to ashes. The dose is a teaspoonful added to a wineglassful of Catawba or Madeira wine, three times a day. Increase it to two teaspoonfuls when it can be borne on the stomach. The bowels are to be kept open with some mild purgative. The vapor-bath should be used at least once a day.”

5. It is said that the checkerberry (*Mitchella Raepens*) has recently been discovered to be a remarkable cure for the dropsy. It is made into a decoction, and drunk freely, every two or three hours during the day. This herb is

also known by the names of *Winter-Clover* and *Squaw-Vine*.

Very recently, the *winter-green* has attained a very high reputation in the treatment of this disease, especially, dropsy following scarlet fever and measles. Prof. Goss, author of the "*New Materia Medica*," says, "If I had to depend upon one single remedy in this disease, I believe I would as soon risk this one, as any other in the entire *Materia Medica*."

Accessory Treatment—A *dry*, soft and moderately warm atmosphere is generally most suitable; and if the dropsy be at all owing to climatic influences, or to any local disease, a change of residence is necessary. A damp climate or soil is particularly unfavorable. In acute dropsy the diet should be similar to that in acute fever; in chronic dropsy patients require nourishing diet, but on account of the extreme feebleness commonly present, only easily digestible food should be taken. To allay the burning thirst often experienced, cold water is the best beverage; but any other that the patient desires, if not positively injurious, may be taken. Water may be said to be a real restorative, for it increases the amount of fluids excreted to an extent greater than its own bulk; it also tends to improve the appetite and strengthen the pulse, while it diminishes the dropsical collections. It will thus be seen that the common notion that drinking water increases dropsy is quite erroneous.

Warm baths for promoting perspiration, small doses of *Hollands*, tapping, and other palliative measures may sometimes be necessary, but the propriety of such means can only be decided by the circumstances of each individual case.

DIPHTHERIA.

Causes—Impure air, from *imperfect drainage*, living too near manure-deposits, slaughter-houses, or where animal substances are in a state of decomposition. It commonly occurs as an *epidemic*, and a solitary case may prove a focus for spreading the disease. The severity of the attack seems to depend as much on the health of the patient as on the character of the infecting source.

Symptoms—Diphtheria is divisible into two forms, simple and malignant. In the *simple* variety, happily the most common, the symptoms are at first so mild as to excite little complaint beyond slight difficulty of swallowing, or pain in the throat, burning skin, pains in the limbs, etc. *Malignant diphtheria* is ushered in with severe fever, rigors, vomiting, or purging, sudden, great prostration and restlessness, anxious countenance, etc., pointing to some overwhelming disease, under which the system is laboring. The skin is hot, the face flushed, the throat sore, and the mucous membrane of the throat bright-red; the tonsils are swollen, and grey or white patches of deposit appear on them, small at first, but gradually enlarging, so that one patch merges into another, forming a false membrane in the throat, rendering swallowing and even breathing difficult. In some cases, the false membrane has been detached, and after extreme efforts ejected, presenting nearly an exact mould of the throat. The exudation of diphtheria may be distinguished from a slough by its easily crumbling, by the facility with which it can often be detached, and by the surface thus exposed being red, but not ulcerated. The false membrane looks like dirty wash-leather; and between it and the true membrane an offensive bloody discharge exudes, imparting to the patient's breath a most repulsive odor. The glands of the

neck are always enlarged, sometimes pain is felt in the ear, and there is generally stiffness of the neck; the inflammation is liable to extend rapidly, in consequence of the continuity of the lining membrane of the throat with the mouth, nose, windpipe, and even the air-tubes of the lungs. If the disease progress, the patient passes into a stupor, and the difficulty of swallowing or breathing increases, till the false membrane is forcibly ejected, or the patient dies from suffocation, the exudation blocking up the air-tubes; or, more frequently, he sinks from exhaustion, similar to that observed in *typhoid fever*.

Dangerous Symptoms—Increased fetor of the breath, a quick, feeble, or very slow pulse; persistent vomiting; drowsiness and delirium; bleeding from the nose; extension of the disease to the lining of the nose; difficult breathing; suppressed urine; increase of temperature.

Distinguishing Characteristics—This disease may be known from quinsy, by the manner in which the patient swallows. In quinsy, the patient usually shuts the eyes, leans the head forward, and swallows quickly; while, in diphtheria, the face and chin are raised, the eyes are usually wide open and staring, and the act of swallowing is performed slowly. The act of swallowing, in quinsy and sore throat, seems to cause severe pain; while, in diphtheria, swallowing does not seem so much painful as difficult.

Diphtheria may be readily known from croup, from the fact that it is not attended with cough; while a peculiar cough is one of the characteristic symptoms of croup. In diphtheria, the nose seems to be stopped up, or discharges a watery fluid, which gives to the voice a sort of nasal character, not met with in croup, or any other form of sore throat.

Remedies—1. The simple remedy of kerosene oil has cured many severe cases of diphtheria, and it may yet prove to be unparalleled for the cure of this disease. It is used in form of a gargle, and, at the same time, the patient should take from two to ten drops, according to age, every two hours; and it may be employed as a liniment to the throat and neck.

2. The black-snake root, otherwise called black cohosh (*Cimicifuga Racemosa*), is a valuable remedy in this disease. It is used both locally as a gargle, and taken internally.

As a gargle, one teaspoonful of the tincture is added to four tablespoonfuls of water, and used every hour while awake, for twenty-four hours, or until the progress of the disease is arrested; after which the intervals may be extended to two or three hours, according to the necessity of the case.

This remedy has been used with the most gratifying results in the treatment and cure of this disease.

3. I have met with the greatest success and beneficial results, by dissolving a quantity of the permanganate of potash in water. As much of the potash as would equal in size a kernel of wheat, in half a teacupful of water. Dose, for a small child, half a teaspoonful, every three or four hours. Double the dose for an adult.

4. To one gill of soft water, add one teaspoonful of dilute sulphuric acid, and of this give a teaspoonful every three hours, and in severe cases every one or two hours. For infants at the breast, double the amount of water used, and halve the dose. This is a celebrated Australian remedy, and was published by the authority of the government there for the use of the people.

5. A simple and successful treatment of diphtheria may be found in the use of lemon-juice. Gargle the throat

with it, at the same time swallowing a portion of the same. A French physician claims that he saved his own life by this pleasant remedy.

A medicine which cures one person, will not always produce the same effect in another ; it, therefore, becomes necessary to resort to various remedies. Hence, in this disease, we give a number of them, and the best now in general use.

6. When malignant or putrid symptoms appear at any time in the disease, a gargle of one teaspoonful of chloride of lime, to half a pint of water, will be found very serviceable.

Local Treatment—At the commencement, a large, thick, hot poultice may be applied around the throat ; but in advanced, severe cases, external applications are inadmissible, as they rather tend to increase the swelling and extend the disease. The inside of the throat may be steamed with the vapor of water and acetic acid, or a wineglassful of strong vinegar to a pint of boiling water.

Fumigation by Burning Sulphur—In the recent report of a Royal Commission on Diphtheria in Victoria, the value of *sulphurous acid*, administered in the gaseous form, is dwelt upon with great force, and we reproduce the recommendations here under the conviction that the results of this treatment will be highly satisfactory. The fumigation of patients is recommended to be carried out much in the same manner as that of fumigating infected clothes and rooms. If thoroughly and properly used, the Commission thinks it will bring diphtheria into the catalogue of zymotic diseases, the treatment of which is thoroughly under the control of the profession. But in adopting it there must be no half-measures. By keeping the apartment filled with fumes of burning sulphur, which are more trustworthy than the spray of sulphurous acid, all risk of imperfect instruments is avoided, and it can be used with thorough

effect in the case of children, without the desperate struggles and depressing effects which are so much deprecated by practitioners. The report strongly recommends every householder in Victoria to keep a supply of crude sulphur in the house, as its fumes are the most powerful disinfectant we possess; and in diseases of the throat and air-passages threatening diphtheria, it is a remedy which may be used on every occasion with the utmost benefit till medical aid can be obtained. Its extreme simplicity is a great recommendation, for all that is required is to sprinkle a small quantity of sulphur on a piece of burning wood, or a few live coals in a room, all the apertures of which are closed up, till the room is filled with the fumes.

Warm Vapor—The temperature of the room should be maintained at about 68° Fahr., and the atmosphere made moist by the steam from a kettle, with a long spout, constantly boiling on the fire.

Warm Baths—These are valuable accessories. The skin is hot and dry, the urine is often suppressed, the bowels confined, and thus the poison is retained in the system. Warm baths, and drinking freely of cold water, often restore the functions of the skin, the bladder and the bowels.

Diet, Etc.—The strength of the patient must be sustained, from the very commencement of the disease, by nourishment, and he must be urged to swallow it in spite of the pain which it occasions. Eggs beaten up in milk, or in brandy with water and sugar; beef-tea slightly thickened with rice or pearl-barley; arrow-root or sago, with port or sherry. Sudden, extreme prostration requires wine or brandy. One teaspoonful to four of water, given in teaspoonful doses, every ten or fifteen minutes.

Children who persistently refuse to swallow must have

nutritive injections, in bad cases. The injections should be repeated every two to four hours, and consist of about one ounce or two tablespoonfuls at a time.

In cases where the patient is so low that he cannot swallow, beef-tea and wine, a tablespoonful of each, should be injected into the bowels every two hours, for a child six years old; milk, or mutton-broth, may be occasionally substituted for the beef-tea; and even where the patient can swallow, but does not take enough nourishment to sustain him, these injections should be used.

If vomiting occur, sucking small pieces of ice will tend to allay it. Ice also affords comfort to the patient, and favors the action of the kidneys.

Convalescence—Much caution and patience are required during convalescence, as relapses are prone to occur. Nourishing diet, rest, and change of air are of great utility. Nothing does so much good as a thorough *change of air*.

Preventive Measures—The cess-pools should be emptied, and if too small or defective, new ones built. The house, water-closets, and local drainage should be thoroughly examined, and imperfections rectified; also, if necessary, chloride of zinc or of lime constantly kept therein, and thrown down the drains. All dust-holes and accumulations of refuse should be cleared away; a plentiful supply of water kept in the house, and every room regularly well cleaned, whitewashed, and thoroughly ventilated. See "Preventive Measures," under "Scarlet Fevèr," section 2, which is applicable to diphtheria.

The great debility accompanying this disease precludes the possibility of the patient taking warm baths, except at the first stage. Sponging with acetic acid or vinegar

(one part) and hot water (six parts) twice or three times a day is preferable. See page 456, vol. ii.

DYSPEPSIA, OR INDIGESTION.

Causes—Irregularities in diet, such as indulgence in the luxuries of the table, partaking of rich, highly-seasoned, heavy, fat, sour or bad food; *eating too quickly*; *imperfect mastication of food*; *eating too frequently*, or, on the other hand, too long abstinence from food; the use of warm and relaxing drinks, green tea, coffee, tobacco, wine and alcoholic beverages; too little out-of-door exercise; excessive bodily or mental exertion; late hours; exposure to cold and damp, etc. Business and family anxieties are frequent causes of dyspepsia, and their operation is very general and extended, implicating not only the mucous coats of the stomach, but the liver, the bowels, and often the whole nervous system. "The battle of life" is too often fought, not only with much wear and tear, but with almost overwhelming anxieties and disappointments; and the digestive organs are often the first to suffer from depression of the mind. In this respect, the cause is often put for the effect, the common remark being that depression of spirits accompanies indigestion; but it is more true to say that indigestion accompanies depressed spirits. When the mind is depressed by disappointment or anxiety, there is a corresponding depression of the nervous energies, and so the stomach, in common with other organs, loses vital energy.

Hence, in the *treatment* of dyspepsia, the use of medicines and the observance of hygienic rules and habits

must ever go hand in hand; for the former, however correctly prescribed, will alone be unavailing.

Symptoms—These vary greatly, both in character and in intensity, but there is commonly one or more of the following: Impaired appetite, flatulence, nausea, and eructations which often bring up bitter or acid fluids; furred tongue, often flabby, large or indented at the sides; foul taste or breath, heart-burn, pain, sensation of weight, and inconvenience or fullness after a meal; irregular action of the bowels, headache, diminished mental energy and alertness, dejection of spirits, palpitation of the heart or great vessels; and various affections in other organs.

Remedies—1. A *new remedy*, now employed for dyspepsia, and one that is, perhaps, more highly extolled for the cure of this disease, where it is known, than any other in this country, is what is known as the *chitim bark*, or *cascara sagrada* (*Rhamnus Purshiana*). Steep one ounce of the bark in one-half a pint of water, for about twenty minutes. Dose, one tablespoonful, two or three times a day. Of the fluid extract, the dose is ten to fifteen drops, three times a day, in a little water. This preparation has already performed many remarkable cures.

2. Dr. Whitaker, of California, gives the following comparatively new remedy for this distressing complaint, and says he has cured, by the use of it, many of the worst cases, and that it acts almost like a charm in most forms of this disease. As yet, he has not known it to fail, when taken as directed:

Essence of peppermint.....	1	teaspoonful.
Saleratus.....	1	even teaspoonful.
Water	$\frac{1}{2}$	tumblerful.
Mix.		

Dose, two teaspoonfuls twenty or thirty minutes before each meal, and on retiring at night.

3. Golden seal may be ranked among the effectual remedies for some forms of dyspepsia. Dose of the tincture, one teaspoonful, every night and morning.

4. The following is a good remedy: Take one-half teaspoonful, each, of *cooking-soda* and the inner peeling of the gizzard of a chicken or turkey, dried and pulverized. Use it immediately after each meal. This is an old remedy, but those who are not acquainted with the virtue and curative power of this preparation, will be surprised at its prompt efficacy when they once make use of it.

5. Take a piece of rennet the size of the hand, and put it into a little warm water, and let it soak over night; and of this liquid take two tablespoonfuls, twice daily. Occasionally renew the rennet. This remedy has often proved efficacious, and is highly recommended by some practitioners.

Other remedies might be added, but the above are some of the best in general use.

Dyspeptic patients should carefully examine the directions given in the following pages, for a cure will often depend on a compliance with these instructions.

Additional information may be obtained from the article entitled, "Diet for Dyspepsia," in second volume.

General Habits—Mental or bodily occupations should not be renewed immediately after a full meal; nor should food be taken without a few minutes pause, after exhaustive fatigue. Violent muscular or mental exertions arrest digestion by engaging the nervous energies in other directions. The weary man—whether weary from the sweat of the brow or the sweat of the brain—should rest before he eats; and if the cause of fatigue has been in opera-

tion till the time of rest approaches, solid food may then be productive of the most serious results.—[*Ellis*.

The following is a cure for dyspepsia without medicine :

It is plain inference that, as wrong diet often brings on this disease, a right regimen will cure it. You need not, in this case, take any medicine at all. The first thing to be observed is, plenty of gentle, healthful, out-door exercise ; then, eat your meals at precisely the same hour every day, and eat nothing between meals. Use no tobacco, tea, coffee, spirituous or malt liquors. Avoid, as far as possible, all that might occasion anxiety or trouble.

Your diet need not be unnaturally low—only do not eat food too highly seasoned, or overload the stomach ; and especially shun hot bread or biscuit. A moderate quantity of simple food, well chewed, is what you need. Take plenty of time at your meals ; never eat in a hurry, and never eat so much that you will not feel hungry at your next meal-time. The doctor may tell you to eat little and often ; but this is just what does the mischief. Do not mind him, but follow nature ; that is, follow all your innocent habits, which are all you can know of nature. Do not suffer him to put you out of the track of life-long custom, so that you may fall an easy victim to his medicines. Should you chance not to be hungry at meal-time, just miss a meal. It will do you no harm. If you are thirsty, drink warm milk or water, or both, mixed and sweetened to your taste. You will find this more satisfying than cold drinks.

For the sensation of heat in the stomach, common to dyspeptics, squeeze a piece of flannel out of cold water, and lay it, still quite wet, over the stomach, with a dry cloth over that, to prevent wetting the clothes. This may be used at any time, day or night ; though the best time

is at night, on going to bed, and then you can lay it aside in the morning; but, on taking it off, bathe the part, wipe dry, and then rub it briskly with the hand.

As to food, be governed by your own experience, and eat only such as digests easily. Close each meal with two or three teaspoonfuls of wheat-bran moistened and made agreeable to your taste by the addition of a little cream and sugar. You will soon become quite fond of it, and regard it as the pleasantest part of your meal. This recommendation is very important and valuable. We have known it to cure, perfectly, cases of dyspepsia of more than twenty years' standing, which had resisted all the agencies of medicine, administered by the most accomplished physicians. It is regarded, by those who have tried it, as simply infallible. You must remember, however, should you eat, as a guest, at any other table than your own, always to carry your bran with you, and use it at the conclusion of your meal. These directions carefully observed, and you will soon cease to be a dyspeptic, without ever taking a single dose of medicine.

Accessory Treatment—Dr. Ellis, in his *Domestic Medical Work*, recommends the following excellent accessory measures: "As in this disease the gastric juice is either lessened in quantity or deteriorated in quality, which allows the food to be decomposed instead of being digested, it is all-important that the patient abstain from drinking much at his meals. He may gratify his thirst at other periods. We can only expect to permanently cure this or any other chronic disease, by removing the cause; therefore, the reader will do well to consult the chapters on the use and abuse of the digestive organs, the conditions requisite for physical development and preservation, excessive labor and amusements. The patient should avoid all substances which are of difficult digestion, or which disagree

with him, and he must not be constantly trying different articles of food. As a general rule, he should avoid all vegetables, with the exception of well-boiled rice, Irish and sweet potatoes, and these should be cooked dry and mealy. Sweet peaches and ripe blackberries may be used with moderation. Good fresh milk can generally be taken, unless it disagrees with the patient. Sweet cream and good fresh butter, *cold*, may be used moderately with stale brown bread, rice, or potatoes. Also tender mutton, beef, venison, turkeys, chickens, partridges, and some of the smaller birds, if kept some time before being cooked, may be used; and even soft boiled-eggs are often allowable. Salt may be used moderately, but all other condiments should be avoided. Among the above articles the patient will find all he needs, and he must confine himself strictly to the above list, and above all things shun the use of stimulating drinks, for if they afford temporary relief, they are sure to weaken the stomach still more. Milk and hot water, only moderately sweetened, weak cocoa, and at most, weak black tea, are the best drinks. He should eat at regular hours, never more frequently than three times a day, and eat slowly, and masticate or chew his food well." We therefore warn the busy, the solitary, or, on the other hand, those persons who talk too much during meal-time of the danger of neglecting to chew their food properly. As a rule, animal food is easier of digestion than vegetable, and it is well known that a weak stomach is much more liable to flatulence and other symptoms of indigestion, after vegetable food than after animal. Indeed, the teeth of man partake of an intermediate character, as he is no doubt intended to subsist both on animal and vegetable food: so that a due admixture of both is probably more easily digested than a more or less exclusive use of

either. It is important to remember that *starch* is not a nitrogenous or flesh-forming substance. Foods, therefore, the chief constituent of which is starch, as potatoes, rice, sago, etc., should be eaten only as *additions* to food containing a large amount of nitrogenous material.

Further, it is especially necessary that the dyspeptic should select *tender* and perfectly fresh animal food, and have it *cooked* so as to retain all its natural juices. Hard, dried, cured meats—ham, tongue, sausages, and the like—are especially to be avoided. In the same category we may place veal, pork, twice-cooked meats, salmon, lobsters, crabs, salads, cucumbers, raw vegetables, cheese, new-baked bread, coffee, and all other substances known to disagree with the patient. The last remark is important; for if pain or discomfort follow any kind of food or drink, it should be regarded as a warning to avoid it afterwards.

The patient should not fail to examine the articles on “Condiments,” and on “Tea and Coffee.”

See page 456, vol. ii.

DIABETES (Excessive Flow of Urine).

This disease is indicated by excessive discharges of sweet urine of a pale-yellowish or greenish-yellow color. The first symptom usually is the frequency of the calls to pass urine, with an increased quantity of it. Sometimes the patient discovers that it is sweetish to the taste. The patient soon begins to be troubled with great thirst, the appetite often becomes craving, the mouth dry and parched. There is a sensation of sinking, with faintness

at the pit of the stomach, and other dyspeptic symptoms. The quantity of urine discharged usually varies from ten to twenty, and sometimes from thirty to fifty pints or more in twenty-four hours, and this often for weeks or months together. Add a little yeast to some of the urine and set it down in a warm place, and if there is sugar present it will begin to ferment within twenty-four hours; whereas, healthy urine will not go through the same process. This disease is very slow in its progress, sometimes lasting for many years.

Remedies—1. An infusion of equal parts of *chamomile flowers* and *sage*, drunk twice a day, in wineglass doses, will prove effective in many cases of this disease.

2. A new and simple remedy has recently been introduced for the cure of this disease, which is composed of *alum* and *milk*. Its use has been attended with the best results, often curing in the short space of a week or ten days. It is prepared by adding two pints of milk to one and one-half drachms of alum. Dose, one gill, three times a day.

Skim-Milk Treatment—Several cases have been reported in the medical journals, of diabetes in which the quantity of urine was steadily and greatly diminished, and the specific gravity correspondingly reduced, by restricting the patient to six pints of skimmed milk per day. This treatment is cheap, and patients can adopt it without interfering with their usual occupations. Mr. H. May (Birmingham) gave five pints of milk a day to a diabetic patient, and in six weeks the specific gravity fell from 1.040 to 1.017: the patient at the same time became stout, and stronger than she had been for years. Dr. Donkin has also successfully prescribed it; but he insists that “skim-milk loses its curative power altogether, and becomes valueless as a remedy in diabetes, when admin-

istered in combination with solid animal or other nitrogenous food. By the skim-milk treatment," he says, "I mean the administration of skim-milk properly prepared, in quantities measured and limited to the requirements of individual cases, given at regular intervals in definite doses, and to the exclusion of all other food for a longer or shorter period. This system of treatment, in short, must be pursued in a strictly methodical manner, and according to rule; and *if this is not done, success must not be expected.*" He gives seven to ten pints, according to circumstances, divided into meals taken at regular intervals. Two or three pints may be made into curd, daily, by the essence of rennet. Dropsy has also been very successfully treated with milk-diet in India. Hence, we may presume that skim-milk has some physiological effect on the kidney and its secretions. After the skim-milk has been taken for about six weeks, almost every variety of animal food may be taken once, twice, or thrice daily, and bran-biscuits, gluten-bread, diabetic bread, may be added by degrees to the diet.

3. A professor in a medical college in California writes, "The best remedy we have used, in this part of the country, for diabetes, is the *water hoarhound*; called *bugleweed*; botanically, it is the *Lycopus Virginicus*. The best way to prepare it is, to make a tincture of it, as follows: Gather the herb while in blossom, and carefully dry it in the shade. When dry, pulverize between the hands, and put it into a suitable bottle. To each eight ounces of the herb, add two-thirds of a pint of *alcohol*, and one-third of a pint of water. Let it stand ten days, and it will be ready for use.

"The dose is, one teaspoonful, four or five times a day; and, as the disease is a stubborn one to cure, it will have to be persevered in for some time." The herb

answers a good purpose when steeped and drunk as a tea. In this form, it is often as efficacious as the tincture. It can be found in all drug-stores.

“The treatment next in favor,” continues the Doctor, “is the use of the *bird's knot grass*, known also, as *door-yard grass*, *chickweed*, etc., and found in nearly every door-yard. Botanically, it is the *Polygonum Aviculare*. This should be prepared as the *bugleweed*, and taken freely, and continued as above.”

Accessory Treatment—Amylaceous food (such as contains starch), and every substance containing sugar, or that is readily convertible into it, should be avoided. Potatoes and fine flour in every form should be omitted. The most nutritious food should be preferred, and the greater proportion consumed in the fresh state. Fat meat, fish, oysters, eggs, milk, good soups thickened with finely powdered bran, cocoa prepared from the nibs, lettuce with oil, vinegar, etc., may be taken, if they agree, and be varied to suit the patient. The action of all articles must be watched, and anything that occasions indigestion avoided. As a substitute for ordinary bread, *bran-bread* or *bran-cakes*, or *ground almond-powder* made into bread or biscuits, with eggs, are recommended. “Diabetic bread” made of the following ingredients bears a closer resemblance to ordinary brown-bread than any previously suggested, and is often found more palatable. To eight parts of gluten add two parts of bran nearly free from starch, and a small quantity of butter. It is more nutritious than any other, and prevents or corrects constipation. The excessive thirst of diabetic patients may be gratified, as fluids aid in the elimination of the sugar in the blood, and patients become greatly depressed if they are not allowed to drink as much water as they desire. Warm baths, the use of flannel, and a warm climate are valuable

accessories in the cure of diabetes. Dr. Bouchardat recommends "laborious bodily exercise, especially gymnastics," observing that profuse perspiration on farinaceous food lessened sugar in the urine. It is difficult, if not impossible, to cure this disease in a person who is in the daily habit of using intoxicating liquors.

DANDRUFF.

Remedies—Wear the hair short, and let the head covering be as light and well ventilated as possible. Avoid applications of all kinds of grease, or dyes. Wash the head every two or three days with cold water, and follow each washing by vigorous rubbing with the balls of the fingers. The better the general health, the less tendency there is to the accumulation of dandruff.

1. Take a teaspoonful of refined, powdered *borax*. Dissolve it in one-half a tumblerful of water, and, before using, brush the head well. Then, wet the brush with this solution and apply to the head. Follow this practice every day or two, and in the period of a week, you will accomplish your desired object, with the head and the hair entirely renovated.

2. *Glycerine*, one ounce; *borax*, three teaspoonfuls; water, one pint. Mix. Use the same as the above.

3. *Carbolic acid*, diluted and perfumed, makes one of the best hair-washes, and its occasional use tends to remove dandruff.

DELIRIUM TREMENS.

The suspension of the habitual use of alcoholic or fermented liquors is the cause of this disease, and it is more liable to occur with steady drinkers, than with those who only take an occasional "spree."

Symptoms—Trembling of the tongue, when the patient attempts to protrude it, and twitching of the cords in his wrists, are among the first. He appears frightened, and begins to see the most frightful or disgusting objects; such as serpents, rats, toads and other loathsome reptiles and vermin, crawling over his head, his person, or about his room; and he hunts them among his bed-clothes. He is always afraid. Robbers, officers or creditors are after him. He imagines that he hears them, conspiring against him. He sees knives and fire-arms pointed at him, strives to escape from his tormentors, and is liable to injure himself or others, in striving to protect himself or escape.

Treatment—To prevent the full development of the disease, or cure it after it has been developed, in most cases, give the patient moderate but regular doses of brandy, and then withdraw the stimulant as the disease abates. A tablespoonful of brandy, in water, once in two hours, will, in many cases, be sufficient; but if the patient has been a hard drinker, he may require two tablespoonfuls, once in two hours, or even, in some severe cases, more frequently; and the brandy should be continued until the patient falls into a quiet sleep. When he awakes, it need not be repeated unless symptoms of the disease return, and it should *never* be continued longer than is absolutely necessary to relieve the visions and sleeplessness. For debility, give no stimulants, but only beef-tea, chicken-broth, mutton and beef.

The treatment above indicated, and generally adopted by the medical profession is, first, to allay the paroxysms and calm the nervous system by giving brandy and other spirits. But it is somewhat questionable whether this is the better course to pursue.

The redness of the face, and the pulsation of the arteries and heart, indicate determination of blood to the head; therefore, the first course to pursue, is to equalize the circulation by bathing the feet and legs in warm lye-water, and then apply mustard-plasters to the bottoms of the feet, and nape of the neck, and give the most nutritive food that can be obtained.

A successful plan is that of giving highly nutritious food, and procuring sleep by giving large doses of chloral. The first dose, say thirty grains, should be followed, unless the patient sleeps, by a repetition of the remedy in one or two hours, but in smaller doses, say twenty grains.

When sleep is induced, if prolonged, the patient may be aroused at the end of eight or ten hours, and made to take some nourishment.

1. Large doses of the tincture of foxglove (*Digitalis*) an even teaspoonful, given at once, and repeated every two or three hours, have been useful in severe cases.

2. It is said that a strong decoction of wormwood, taken freely, has been highly successful, in some Puritanical Hospitals, perhaps for the purpose of exciting the intense disgust of the patients for all kinds of spirituous liquors. We would suggest the addition of a little *gall*, as an additional means of securing the above purpose.

DYSENTERY, OR BLOOD FLUX.

There is a difference between this disease and diarrhea. In the latter complaint, the discharges are more copious, thin and watery, than in the former.

Dysentery usually commences with severe pains in the bowels, with frequent inclinations to go to stool, which is small in quantity and sometimes mixed with blood. There is generally a peculiar sensation of bearing down while at stool, as if the whole bowels were falling out, and accompanied with considerable pain.

Sometimes chills and fever precede the symptoms, in other cases they either accompany them or soon follow, if the attack is at all severe. Gripping pains in the abdomen, followed by discharges from the bowels, are the first prominent symptoms.

Causes—This disease may be caused by unripe and acid fruits, indigestible food, cathartics, exposure to cold night-air after a hot day, and sudden changes of temperature.

Remedies—1. Purchase at the drug store, or dig a handful of the bark of the root of the common willow. Make a tea of it, and drink one-half to one-fourth of a teacupful, three times a day.

It is one of the best remedies in use for this disease.

2. Take butter, after being churned, without being salted or washed; clarify it over the fire like honey. Skim off all the milky particles when melted. Let the patient (if an adult) take two tablespoonfuls of the clarified remainder, two or three times a day. For the proper dose for a child, see “Table of Doses for Children.”

This is a very effective remedy, and many families

who have employed it, say they have never known it to fail to effect a cure.

3. In many obstinate cases, the following remedy has acted almost like a charm :

Try the tallow from fresh mutton-suet, and give a tablespoonful three times a day. Frequently, two or three doses are sufficient to effect a cure, and it is especially good when there is much irritation of the bowels.

4. The following is a favorite remedy with many people: To one-half a pint of water, add one tablespoonful of salt and two of vinegar. Dose, a wine-glassful every one or two hours. For children, the proportions should be one-fourth the amount of salt and vinegar.

5. Take a large handful of garden-chickweed (knot-grass), bruise it well, and simmer it in milk for two hours; strain. Of this give a tablespoonful, every hour or two. A little salt added, will increase its efficacy.

To Cure Dysentery Without Medicine—Some people have the idea that the patient should eat all he can, to keep up the strength; but this is quite wrong. There is the greatest danger in too much eating. If you would cure the disease, without leaving any bad effect in the system, eat but little or, which is better, eat nothing at all for a few days, and when you commence eating again, eat only a little at a time, and not oftener than at regular meal-times. Should it become necessary to take anything to keep up the strength, while the disease is on you, you may take a little flax-seed tea, or slippery-elm tea, or something else of a simple and light nature.

Take a warm sitting-bath every day. After coming out of the water, dry the skin by wiping the whole sur-

face with a towel. Then let some strong, healthy person rub the surface with his bare hands. Finally, cover the bowels with cotton, on which has been sprinkled a little gum-camphor. The stomach and bowels, feet and legs should be kept warm by external applications. Renew warm flannels often enough to keep the bowels, stomach and extremities warm. Lie in bed most of the time, and do not become excited about anything. This treatment will usually effect a cure in a few days.

When the disease becomes chronic, it takes a little longer to cure it. Eat sparingly, of wholesome food. Make a tea, of cloves and flax-seed, and occasionally sip it. Give an injection of tepid water after each passage; or, perhaps, it may be better to give an injection of slippery-elm tea, instead of water.

Accessory Treatment—The patient should maintain a recumbent posture in bed, in a well-ventilated apartment, and, in severe cases, use the bed-pan instead of getting up. Local applications afford great relief. If the pains are very severe, large, hot poultices, or flannels wrung out of *hot water*, should be applied over the abdomen, a second hot flannel being ready when the first is removed. Great benefit often results from injections, if there be not too much inflammation to admit of the introduction of the enema tube; they may be administered after each evacuation, if they prove beneficial. The first two or three injections may consist of from half a pint to a pint of tepid water, the temperature being afterwards gradually reduced. Mucilaginous injections are also frequently of service. The drink should consist of cold water, toast-water, gum-water, barley-water, etc.; the diet should be restricted to soda-water and milk, arrow-root, cocoa, broths, grape-juice and other liquid forms of food—all cold. Animal food and stimulants should be avoided; when recovery has considerably

advanced, and in chronic cases, beef-tea and other animal broths may be taken. See page 456, vol. ii.

Preventive Measures—Besides avoidance of the conditions pointed out under “Causes,” it is necessary promptly to remove, disinfect and bury the evacuations from a dysenteric patient, and to adopt the “Accessory” and “Precautionary Measures” pointed out under “Typhoid Fever.”

DIARRHEA.

Causes—Overeating may occasion diarrhea, by the mere quantity of the food introduced, but these results more commonly follow the *mixture* of various kinds of food and drink in one meal.

Such are, especially, sour, unripe, or decaying fruits or vegetables; badly cooked food; fatty and rich food; various kinds of shell-fish; *putrid* or *diseased* animal food.

Impure water is a fruitful cause of diarrhea. Water contaminated with sewage or sewage gases, or with decomposing animal matter, is almost certain to occasion diarrhea.

The heat of summer, the hot days but chilly nights and mornings of autumn, are frequent exciting causes of diarrhea; so is the application of cold to the perspiring body, or the sudden checking of perspiration. Hot weather is a frequent exciting cause of diarrhea, termed, on this account, summer-complaint.

The depressing influences of fear or anxiety, or the violent excitement of anger are frequent exciting causes.

Symptoms—Nausea, flatulence, griping pain in the bowels; followed by loose actions, which may vary as regards *consistence*—being fluid or watery; in their *nature*—slimy, bilious or bloody; and in their *odor* and *color*. Furred tongue, foul breath and acrid eructations are generally superadded. The circulation, breathing and other functions are usually unaffected. In *summer-diarrhea*, the discharges are chiefly bilious, and there are often violent pains in the abdomen, cramps in the legs and great prostration.

Remedies—1. Parch a pint of rice until it is perfectly brown; then make a tea of it, and drink a teacupful at once, and the remaining part during the next six succeeding hours. This is an old, but generally prompt and effective remedy.

2. Dr. Benjamin Clark states that in the East Indies warm milk is regarded by many as a specific, which means an almost certain cure. One pint of warm, fresh, sweet milk, every four hours, will often check the most violent diarrhea, stomach-ache, dysentery and cholera. A gentleman states he has tried it as often perhaps as fifty times in his own case, with unvarying success in from six to twelve hours. One man seemed to be dying from diarrhea of eight months' standing; in three weeks he was a hale, hearty man.

3. A strong decoction of checkerberry, is said to be a sovereign remedy in this disease. Dose, half a teacupful two or three times a day.

4. Brownd or parched rhubarb, made into a tea, and drunk freely, is likewise a good remedy.

5. Another excellent one, for a watery or very loose discharge from the bowels, is to take, for an adult, a teaspoonful of starch, every one or two hours. Usually one to three doses will be sufficient to cure the disease.

6. The following is the old celebrated neutralizing mixture for all bowel difficulties:

Take, of

Rhubarb (pulverized).....	2 scruples.
Salaratus do.	2 scruples.
Peppermint plant do.	2 scruples.

Add half a pint of hot water, sweeten with sugar. Dose, one to two teaspoonfuls, every two to three hours, according to the urgency of the symptoms. Its operation and action appear to be specific or almost infallible. When loose evacuations from the bowels afford relief, they should not be interfered with, for they may be nature's mode of curing disease. The evacuations following the too free indulgence of the table, or those of children during teething, are of this class.

Diet—The diet may consist of barley-water, rice-water, gum-Arabic water, infusion of elm-bark, Iceland moss, sago with boiled milk, and toast-water. Well-boiled rice, flavored with powdered cinnamon, is one of the most digestible aliments, and is, therefore, very good. Fats, all acids, juicy vegetables and unripe fruits must be prohibited. Ale, porter and beer must not be used. As soon as the appetite returns, the tender part of the sirloin of beef, or boiled mutton, or chicken will be more readily digested than strong soups, which are exceedingly improper.

Chronic Diarrhea—Simple Diarrhea remaining uncured for sometime becomes chronic. In such cases the remedies must be of a soothing and tonic character. At the same time attention must be paid to the liver and skin, for both will be found more or less out of order. See "Liver Complaint."

Remedies—1. Take, for an adult, one drop of the oil of spearmint, three times a day. This is a new remedy, and seldom equaled. If the above quantity is not effect-

ive, add another drop. Ordinarily, two or three doses will be sufficient.

2. An infusion of the *persimmon* (*Gum-Tree*) bark, is esteemed a valuable remedy for chronic diarrhea. Dose, a tablespoonful three times a day. A syrup of the unripe fruit is reputed to be equal, if not superior to the bark for this purpose, employed in similar doses.

A decoction of blackberry-root is also an admirable remedy in this complaint; it is both tonic and astringent, and may be relied on.

Make a tea of butter-weed (*Erigeron Canadense*) by boiling two or three handfuls of it in sweet milk. Sweeten with white sugar, and drink one-half a teacupful or more, three times a day, and you have one of the surest remedies known in this disease.

The *butter-weed* is known by the various names of *Canada fleabane*, *colt's tail*, *pride-weed* and *horse-weed*. See page 456, vol. ii.

DEAFNESS.

This affection may be owing to inflammation of the internal ear, to a relaxed condition of the drum of the ear, to paralysis of the nerve of hearing, or, to a collection of wax in the ear. In the majority of cases, though, it is difficult to correctly determine the cause of the deafness.

Remedies—1. Where there is want of secretion, or dryness of the ear, take, of *glycerine*, two teaspoonfuls; *sweet oil*, one teaspoonful. Mix. First cleanse the ear carefully, but thoroughly, with Castile-soap and water. When it is well dried, moisten the entire cavity of the

ear with the above mixture, using a small feather for this purpose, repeating it every other day, and, about once a week, cleansing it as at first. If there seems to be a secretion of wax in excess, cleanse the ear as before, and apply the following: *Glycerine*, two teaspoonfuls; strong infusion, or tea, of *white-oak bark*, one teaspoonful. Mix. Apply the same as the first, every other day. Deafness may be produced by cold. When this is the case, drink freely of *smart-weed* tea, or *pleurisy-root* tea, for a few days.

2. Stew *garlic* in *sweet-oil*, strongly press, and strain. A few drops, each day, should be put into the ear from a warm teaspoon, and stop the ear with cotton or wool. You will find this remedy unsurpassed in this form of deafness, originating from cold.

3. Put into the ear a few drops, once daily, of the following mixture: *Harlem oil*, fifteen drops; *glycerine*, one teaspoonful. Mix. It is often very effective.

4. Another means, which sometimes succeeds, is to close the mouth tightly, and grasp the nose with the thumb and finger, take a full breath, and blow as hard as possible, allowing no air to escape, except what passes from the throat to the ear through the *Eustachian* tubes. This will often relieve the deafness resulting from a cold. Other forms of this disease should come under the care of an accomplished aurist.

5. Take, of *carbonate of potash*, five grains; *glycerine*, one-half ounce; *water*, one ounce. Mix. First, carefully syringe the ear, with Castile-soap and water; then put three or four drops of the above mixture into the ear, once or twice daily. This remedy has cured hundreds of cases of deafness, caused by catarrh—the result of cold.

5. Prof. J. H. Bundy, of the California Medical College, recommends the following :

Take, of *sassafras-oil*, five drops ; *sweet oil*, half an ounce. Mix, and drop into the ear, once or twice a day. He says, "This seldom if ever fails."

Dr. Thomas says, the following method has been employed, in some cases of severe and long-continued deafness, with great success and efficacy :

"The mode of using it is to fill the mouth with the smoke of the strongest tobacco, instantly closing the mouth and nose, and then for the person to make all possible effort, as if he meant to force the smoke through his nose, which must be prevented by holding the nostrils very tight: this forces the smoke through the *Eustachian* tube into the ear. These efforts are to be repeated until one or both ears give a seeming crack, immediately on which the hearing returns."

This process is simple and cheap, and probably without hazard ; and, therefore, may be tried by any one who chooses to do so.

GENERAL HINTS ON AFFECTIONS OF THE EAR.

Wet or Damp Ears—A frequent cause of disease of the ear is the practice of leaving the head and ears of children imperfectly dry after washing. It is the more necessary to guard against this danger if there already exist any discharge from the ear. After bathing, the greatest care should be taken to dry the hair and ears *thoroughly*. As a further precaution, a piece of fine linen

or blotting-paper should be twisted into a coil, and gently introduced into the cavity of the ear, to absorb any remaining moisture.

Boxing the Ears—Parents, governesses, and others who have the care of children, should be aware of an accident very liable to occur from blows on the head, or boxing the ears; namely, rupture of the *membrana tympani*, a membrane which closes the bottom of the meatus, and is stretched something like the parchment of a drum. The accident may be recognized by a sense of shock in the ear, deafness, and a slight discharge of blood from the orifice; and if examined by an ear speculum, the rent may be seen. There should be *complete rest* for several days, and a weak *arnica-lotion* used.

EPILEPTIC FITS (Epilepsia).

This disease is a sudden deprivation of all the senses, wherein the patient falls suddenly down and is affected with violent convulsive motions. Children, especially those who are delicately brought up, are most subject to it. It more frequently attacks men than women, and is very difficult to cure. When the epilepsy attacks children, there is reason to hope it may go off about the time of puberty; when it attacks any person after twenty years of age, the cure is difficult; but when after forty, a cure is hardly to be expected. If the fit continues only for a short space and returns seldom, there is reason to hope; but if it continues long and returns frequently, the prospect is bad. It is a very unfavorable symptom when the patient is seized with the fits in his sleep.

Causes—The epilepsy is sometimes hereditary. It may likewise proceed from frights of the mother when with child; from blows, bruises or wounds on the head; a collection of water, blood or serous humors in the brain; a polypus; tumors or concretions within the skull; excessive drinking; intense study; excess of venery; worms; teething; suppression of customary evacuations; too great emptiness or repletion; violent passions or affections of the mind, as fear, joy, etc.; hysteric affections; contagion received into the body, as the infection of the small pox, measles, etc.

Symptoms—An epileptic fit is generally preceded by unusual weariness, pain of the head, dullness, giddiness, noise in the ears, dimness of sight, palpitation of the heart, disturbed sleep, difficult breathing; the bowels are inflated with wind, the urine is in great quantity but thin, the complexion is pale, the extremities are cold, and the patient often feels, as it were, a stream of cold air ascending towards his head.

In the fit, the patient generally makes an unusual noise; his thumbs are drawn in toward the palms of the hands; his eyes are distorted; he starts and foams at the mouth; his extremities are bent and twisted various ways; he often discharges his semen, urine and feces involuntarily, and is quite destitute of all sense and reason. After the fit is over, his senses gradually return, and he complains of a kind of stupor, weariness and pain of his head, but has no remembrance of what happened to him during the fit.

The fits are sometimes excited by violent affections of the mind, a debauch of liquor, excessive heat, cold, or the like.

This disease, from the difficulty of investigating its causes and its strange symptoms, was formally attributed

to the wrath of the gods, or the agency of evil spirits. In modern times it has often, by the vulgar, been imputed to witchcraft or fascination. It depends, however, as much upon natural causes as any other malady; and its cure may often be effected by persisting in the use of proper means.

Remedies—1. The ice-plant is a great remedy for the treatment of this kind of fits, especially in children. It may be given in powder, in doses of one-half to a teaspoonful, night and morning, in some warm herb-tea, such as sage or pennyroyal, if convenient. Or the decoction may be employed in teaspoonful doses.

2. This disease has frequently been cured by the patient's using almost an exclusive milk-diet.

3. Dr. Henry states that several miserable patients have been radically cured of epileptic fits by the following prescription, in three or four weeks: Take one pound of fresh, green leaves of *stramonium*, pound them, press out the juice, put it in a pewter plate, and place in the sun to evaporate; stir frequently, until the extract is fit for pills; then give a small-sized pill of it night and morning. The dose may be increased to three times a day.

4. I have found that *fine salt* has a very salutary effect in epilepsy. As soon as there are any premonitory symptoms, give a teaspoonful in a little water, and, if practicable, repeat in fifteen or twenty minutes; it prevents or shortens the fit.

5. As soon as a person is taken with a fit of epilepsy, his face should be loosely covered with black silk, tying it over the head and neck, and covering the face with but one thickness. This novel method of cure was first adopted in Paris, with marked success, in that it rendered the fits gradually lighter, until at length they

ceased altogether, and the patient remained permanently cured.

Thus it often happens that a simple device or treatment, is far more efficacious and curative than the poisonous medicines so often administered by learned doctors.

It will cost but a slight effort to give the above remedy a trial.

Accessory Treatment—The patient's tongue should be put back into his mouth, and a cork or linen pad fixed between his molar teeth; he should be laid on a couch or rug, fresh air freely admitted around him, his head slightly raised, and all ligatures relaxed that interfere with circulation and breathing. Throwing cold water on the face does no good; and restraint should not be exercised beyond what is absolutely necessary. In epilepsy preceded by the *aura*, a firm ligature applied above the part where the sensation is felt is said to prevent the attack. After the fit, the patient should be allowed to pass undisturbed the period of sleep which follows. Hygienic treatment, especially such as the causes of the disease suggest, is of great importance. Under this head we would prominently mention sponging the body, and especially the head, every morning with cold water, quickly followed by rapid and thorough drying. Shower-baths do not usually agree, and bathing in the open sea is obviously dangerous. All violent emotions, excesses of every kind, and especially the precocious development or the unnatural excitation of the sexual instinct, must be strictly interdicted or prevented.

Regular out-of-door exercise is beneficial, but it should never be carried too far, as fatigue often excites an attack. Epileptic patients require much *rest* and frequent change; boys and girls should not on any account

sit at lessons for three or four consecutive hours. Studies and open-air recreations should be pleasantly blended.

Should fright, disappointment, anxiety, or other mental influences tend to keep up the disease, a thorough change is necessary, including change of residence, companions and habits. "All ambitious intellectual exertion, especially rapid and discursive reading and writing against time, should be absolutely prohibited. But moderate employment of the thoughts, especially on familiar and interesting hobbies, is useful in preventing that stagnation or concentration of the mind upon itself which is so hurtful in all chronic complaints. Further, the mind requires exercise for its healthy growth. The *diet* should be almost exclusively vegetable, and taken regularly, in moderate quantities. As the appetite is often voracious, it should be judiciously controlled.

ENLARGED, OR VARICOSE VEINS (Varices).

Symptoms—The affected veins are dilated, tortuous, knotted, of a dull, leaden or purplish-blue color, with much discoloration of the parts, and some swelling of the limb. If a great many small cutaneous veins are alone affected, they present the appearance of a close network. The enlarged veins and local swelling diminish after taking the horizontal posture.

Causes—Generally, conditions which induce more or less permanent distention or enlargement of the veins. Strains, or over-exertion of a part, may cause an afflux of blood into them and lead to their distention; standing occupations favor the gravitation of blood to the

lower extremities; and further, the length of a vein may lead to its undue distention in consequence of the long column of blood it contains. Obstacles to the return of venous blood are such as tight garters or stays, a tumor, or the pregnant womb.

Remedies—1. The witch-hazel (*Hammamelis Virginica*), administered internally, and applied externally as a lotion, a compress, covered with oil-silk, and a well-applied bandage, is often specific. Lotion: One part of the strong tincture, to six parts of water. For internal administration, five drops of the tincture are added to a tumblerful of water, and well mixed. Dose, one teaspoonful, every two to four hours, according to the severity of the symptoms. This is one of the best curative means in this difficulty.

2. For the engorged or feeble state of the veins, use a wash of alum-water, or an infusion of white-oak bark. When both can be procured, use them combined.

Varicose Ulcers—Their treatment is the same as that of ulcers generally, with the exception of the following directions: Should a vein burst, excessive hemorrhage may suddenly take place, inducing fainting, or even death. The patient should be immediately placed flat on the floor, and the leg raised, when the hemorrhage generally ceases. A compress and bandage should then be applied to prevent subsequent bleeding. Excoriations or tender spots about varicose veins should have early attention, to obviate the formation of ulcers.

The suppuration or discharge, in this as in other complaints, may be checked by drinking freely of chamomile-tea. The power to control suppuration has been discovered as belonging to chamomile-flowers.

Accessory Treatment—Moderate compression by accurately fitting bandages or laced stockings, so as to afford

that support to the blood which the valves can no longer give, and to prevent increased distention. The pressure should be very gentle and uniform, and be applied in the morning, before the patient puts his feet to the floor, and maintained until he retires to bed. Should only a small portion of a vein be enlarged, a piece of strapping-plaster may afford the requisite support. Prolonged exercise or standing should be abstained from, and after taking moderate exercise, the limb should be raised, and maintained in a horizontal posture. Standing is more unfavorable than walking. The leg should be well washed, and rubbed quite dry, every morning.

In place of the laced stocking, mentioned above, the following may be employed :

A strip of muslin, two or three inches wide, and long enough to wrap the foot and leg from the toes to the knee, or to a point above the swelling, may be used as a bandage, or means of compression. Begin at the toes, and wind round the foot and leg, as tightly as can be worn without discomfort, allowing the edges of the layers to overlap each other a little. This should be removed twice a day, that the ulcers may be washed and dressed.

ERYSIPELAS (St. Anthony's Fire).

Causes—Exposure to cold; impaired digestion; wounds, particularly from dissecting and surgical instruments; badly ventilated and over-crowded apartments; certain conditions of the atmosphere; and a morbid state of the blood from disease, the habitual use of stimulants,

etc., and consequent debility. The tendency of this disease to attack different parts simultaneously furnishes evidence of its origin in a bad condition of the blood. The chief *exciting* cause of erysipelas is a recent wound, and the *predisposing* cause is inattention to the laws of health, combined perhaps with a personal or family tendency to the disease. An incautious use of *arnica* we have repeatedly known to occasion an attack.

Symptoms—*Erysipelas* is known by a spreading, inflammatory redness of the skin, with considerable puffy swelling, tenderness, burning, painful tingling and tension. The color varies from a faint-red to a dark-red or purplish color, becoming white under pressure, but resuming its former color on the removal of the pressure. An attack is usually ushered in with shivering, languor, headache, nausea, bilious vomiting, and the ordinary symptoms of inflammatory fever, accompanied or followed by inflammation of the part affected. When erysipelas attacks the face, it nearly always commences at the side of the nose near the angle of the eye.

Remedies—Applications, externally used, should always be put on warm, whatever form the disease may assume. This may be done by poultices, or cloths wrung out of hot water. Cold applications should never be made, as they interfere with the free circulation of the blood, and the nutrition of the part, and they always increase, rather than diminish, the extent and severity of the disease.

1. To one gill of brandy, add the juice of two lemons. Keep the affected parts well moistened with this until the inflammation is allayed. This is a prompt and an effectual cure for almost every case of erysipelas, if taken in time.

2. Ordinary white beans are a sovereign remedy for

erysipelas, and, for many patients, are all that is required to effect a cure. They are applied in the form of a soft poultice, by first boiling them. Poultices of all kinds, for this disease, should be kept constantly applied and frequently changed.

3. A simple poultice made of cranberries, pounded fine, and applied in a raw state, has proved an effective remedy.

4. Dr. M. Curtis gives the following simple application: Mix corn-meal with bay-rum; apply in the form of a large poultice, and change as often as it becomes dry. Continue the use of this application until the disease is relieved. He says, "This is the best remedy I have found in my practice."

Diet—The diet should be light, nothing more than gruel, rice, toasted bread and cracker, until the fever has abated and there is a return of appetite, when it may be gradually made more nourishing. In a malignant attack, if the vital forces seem to be giving way, it may be necessary to resort to beef-tea or mutton-broth.

Sweets, as preserves, candies, etc., raw fruits and vegetables, fish, veal-broths, lemonade or other causes of acidity, should not be used. Milk is an improper article in all erysipelatous cases, owing to the existing disposition of the stomach to acidity.

SORE EYES, OR INFLAMMATION OF THE EYES.

The most common causes of sore eyes are external injuries, such as blows, bruises or other wounds on or about the eye; foreign bodies getting under the eye-lids; some of the eye-lashes growing too near the inner edges of the lids, or the ends turning inward and irritating the eye; exposure to cold; intemperance in drinking, reading or performing any kind of work requiring close attention of the eyes by candle-light. It also occasionally takes place from contagion, and often prevails as an epidemic.

Inflammation of the eyes often comes on with a sensation as if sand had got into the eye. In some instances this complaint proceeds no further, but gradually goes off. But at other times it is followed by heat, redness and pricking, with darting pains.

Remedies—1. The juice of the common grape-vine, used as an eye-water, two or three times a day, is one of the best remedies in use for some forms of sore eyes.

2. **Chronic Sore Eyes**—The *malva*, or cheese-weed, is very effectual, and has often cured when all other means had failed. The green herb is to be pounded thoroughly, and then applied in the form of a poultice.

3. Take three tablespoonfuls of fresh lard and one of white precipitate; rub them into a salve. Apply it on the outside of the lid of the eye, three times a day. This has cured, even after the lashes had disappeared in consequence of the disease.

4. A poultice, of slippery-elm bark, as many people know, is an admirable remedy in this complaint. Use the fresh bark when it can be obtained.

5. Some of our grandmothers have recommended the following, and it often proves as good as it is simple:

When the eyes are inflamed and weak, break and pour out an egg, fresh from the shell, and the last drops from the shell drop into the eye, and repeat three times a day. In two or three days, the inflammation will subside, and the eyes will become strong.

6. Weak salt-water has produced some surprising and unexpected cures of chronic sore-eyes, and this, too, in cases which had resisted months of treatment of various remedies. It is to be used as an eye-water, or wash, four or five times a day.

Sore Eyes of Newly Born Infants—It is often the case, that newly born babes have sore eyes, about the third, sixth or seventh day after birth. For cases of this kind, take green tea, one-half teaspoonful; water, one-half teacupful; boil for four or five minutes. Strain. Bathe the eyes with this mixture two or three times a day. A drop or two may be put into the eyes after each bathing.

In diseases of the eye, as well as in many others, it is often necessary to administer a variety of remedies. For what will cure one case, will not always do as much for another.

A very useful remedy, for infants especially, is tepid milk and water, equal parts. Apply to the eyes with a soft linen or cotton cloth, four or five times a day.

The following is given on the authority of Dr. Beach:

“I have cured blindness of one or two years’ standing, when the disease has depended on inflammation. I have merely ordered the feet to be bathed every night, or every other night, for a great length of time, and this treatment has recalled the blood from the head to the feet and surface, which, of course, lessens the pain and inflammation of the head.”

Chronic Inflammation of the Lids—Mr. Camp-

bell, of Mississippi, sends us the following chapter in his domestic experience, which we give precisely as he furnished it to us, without the alteration of a word or phrase :

“ My little boy, ten years of age, had been troubled from infancy with a scrofulous inflammation of the lids of the eyes, which, besides being very painful, seriously impaired his sight. The lashes all fell out, and the margins of the lids were swollen and constantly covered with ulcerous sores. I had in vain placed him for years under the care of the most eminent physicians ; he continually grew worse. There was finally recommended to me an ‘ old woman’s ’ remedy, which I tried, and which has wrought a perfect cure. I send it to you for the benefit of any other similar sufferer :

“ Put a peck of poke-root in ten gallons of water, and boil down to one gallon. Then strain out the pulp, add nine gallons more of water, and again boil down to one gallon. Place in a cellar, or any other cool place, where it is not likely to sour, and give, of this decoction, one-third teacupful, morning and night. Before the medicine is exhausted, the cure will be effected, if it works in other cases as in mine. Of course, the evaporation by boiling of the nineteen gallons of water, is for the simple purpose of neutralizing, or weakening, the poisonous properties of the poke-root.”

To Remove Films From the Eye—When films first begin to form on the eye, they can generally be removed by hen’s oil. Apply it, three times a day to the film, with a camel’s hair pencil. Then hold away the lids for a short time, with the thumb and forefinger. But you will have a still surer and better preparation by bruising and stewing a quantity of wintergreen leaves in the hen’s oil, enough to make it strong of the wintergreen ; then strain before applying.

The following is also highly recommended: To one-half pint of lime-water, add one-fourth ounce of verdigris; steep for an hour; strain and bottle tightly for use. Touch the film over the pupil, or speck, with a brush, as before directed. Sometimes it will require two months to effect the cure. See page 460, vol. ii.

DIVISION FOURTH.

GENERAL DISEASES CONTINUED---FEVERS.

TYPHUS, OR NERVOUS FEVER.

The slow or nervous fever is distinguished from other kinds of fever by its effects on the nervous system. It is a peculiar form of fever, which may be spread by contagion, characterized by a torpid state of the brain or great lethargy, with great prostration of muscular power, and more or less delirium. It principally attacks those of a weakly constitution, and is generated in jails, hospitals, prison-ships and ill-ventilated apartments of the poor, and in damp, dirty cellars, cities and large towns. In a number of persons exposed to the contagion of typhus, some, although rarely, are attacked on the third or fourth day; others on the thirteenth; and some not under three months; but the most common period of an attack after an exposure is, from the end of the first week to the middle of the third.

Causes—Typhus fever may be produced by whatever depresses the spirits or impoverishes the blood; by certain passions, watching, intense study, the use of poor diet or unripe fruits of any description. It may likewise

be produced by bleeding, mercury, and other minerals; by moist, close or impure air. Hence it is more prevalent in wet weather, and proves most fatal to those who live in small, filthy houses, narrow and dirty streets, hospitals, jails, and manufacturing or large towns. It generally attacks those who have been frequently bled and have taken mercury, and those who lead an irregular and licentious life, or whose constitutions have been broken from any cause whatever. It is occasioned by sudden transition from heat to cold, getting the feet or clothes wet, lying upon the damp ground, great fatigue or bodily exercise. These are all predisposing causes; but the most frequent of all is infection or contagion communicated through the medium of an impure or heated air, by concentrated noxious effluvia arising from the body of a person laboring under the disease; and although it may not be contagious in the commencement, or under proper regulations, yet it may become so from the want of ventilation, treatment, etc. Other fevers, as before intimated, sometimes degenerate into typhus. This fever occurs sometimes in warm climates, but more generally in those that are cold and temperate; often in cold, wet autumns.

Symptoms—Typhus fever usually commences with a great degree of mildness in all its symptoms. It is generally preceded by slight indisposition for several days, succeeded by rigors or chills, debility, sighing and oppression in breathing, with nausea and loss of appetite; with a certain unpleasant, uneasy sensation in the pit of the stomach. The countenance is pale and dejected, the eyes are dull and heavy, and there are often tremor of the extremities and a sense of weariness, both mental and corporeal. Towards evening there is some increase of these symptoms. In the course of a few days, as the disease progresses, there are oppression in the chest, pain

in the head, giddiness, confusion of intellect and great depression of nervous energy. There is sometimes a sinking or fainting, particularly when the patient attempts to sit up; the tongue is dry, at first white, and afterwards coated with a dark-brown fur; also the teeth are incrustated with the same, yet the patient seldom complains of thirst. There is a small, low, frequent and irregular pulse; a cold, unnatural and clammy perspiration breaks out upon the backs of the hands, while the inside of them is hot; the skin is dry and constricted, and all the excretions diminish; the bowels are usually costive; intellects grow more confused; the patient becomes fretful, restless and watchful; the countenance more anxious and dejected; urine scanty and high-colored, or is pale and watery; sometimes there are catarrhal symptoms, with a short, dry cough; there is pain in the back, loins and extremities, with a sense of soreness over the whole body; sleep disturbed and unrefreshing; the functions of the brain become more and more disordered; there is more or less deafness; delirium increases; indeed, body and mind seem, as it were, almost paralyzed. The patient has a great aversion to exercise, as well as to conversation. This stage of excitement generally continues about a week, when it terminates in a stage of prostration or great debility. The inflammatory symptoms subside, and a great weakness and sinking ensue. The body emaciates rapidly, and if the disease is suffered to progress, it daily assumes more formidable and unfavorable symptoms; there are fluttering and a very weak and intermitting pulse, with startings of the tendons, hiccoughs, etc. There are also, in violent cases, some eruptions on the surface, a peculiar hollow sound of the voice, and a swelling and tenderness of the bowels. The latter stages of fever are also attended with diarrhea, the discharges being very fetid, watery and

acid. There is also, generally, so much lethargy that it is with difficulty the patient can be aroused.

There is, sometimes, one very prominent symptom in this complaint: this is, a very unequal circulation of the blood. It is common for the temperature of one part of the body to be about natural, while another part is unnatural. Again, it is very remarkable that, in the middle and latter stages of the complaint, the whole force of the disease is apparently withdrawn from every other part, except the nervous system.

This fever frequently continues for some weeks, and terminates in such a state of prostration as to prove fatal; or, it degenerates into a malignant type; but when it terminates favorably, it generally subsides about the fourteenth or fifteenth day, by diarrhea, or by perspiration, diffused over the whole body. It often, however, continues thirty or forty days, and finally subsides without any evident crisis.

The symptoms of typhus fever may be summed up in a few paragraphs:

1. Great prostration of strength.
2. Great alteration in the blood and other fluids of the system.
3. A morbid state of the digestive organs, occurring as *secondary* symptoms and not as *primary*.
4. Agitation, anxiety, loss of sleep and delirium; spasms in various parts of the body; respiration hurried, sometimes with cough and bloody expectorations; lips dry and parched; gums red and dry and covered with mucus; teeth crusted; tongue generally swelled and stiff; great lethargy; quick, small and irregular pulse; thirst, nausea and vomiting. The passages from the bowels are very unhealthy and have a bad odor; there is flatulence and sometimes swelling of the abdomen.

Remedies—It is a question whether typhus can ever be cut short, or the definite course of the disease altered by the administration of remedies. Some contend that it may be broken up in the first stage; others believe that the disease must have its course. However, our experience amply proves that in the great majority of cases the violence of the symptoms can be held in check, the patient's comfort greatly promoted and convalescence hastened, by judicious treatment.

1. The oil of turpentine has long been a favorite form of treatment, in this disease, particularly when the tongue is dry and the abdomen is swollen by the presence of gas. A good mode of administering it is, to add one teaspoonful to a half-teacupful of gum-Arabic water, and of this give one teaspoonful every four hours. It should be sweetened with loaf or white sugar.

2. When nervous symptoms appear, give the following: Infuse, one ounce each of camomile-flowers and lady's slipper, in one pint of water, and give to the patient two teaspoonfuls every three or four hours.

3. The best results are claimed, and would appear to follow, in the latter stages, from the use of some of the mineral acids, as elixir-vitriol. Add ten drops of this to half a tumblerful of water, and of this give one teaspoonful at a dose, and repeat every four hours.

When putrid symptoms appear, such as foul breath and fetid discharges, offensive perspiration and general sinking of the vital powers, give a tablespoonful of yeast, every hour or two, throughout the day.

If, from any cause, the yeast is not given, charcoal may be used in an infusion, made by steeping three ounces of elm-bark and half an ounce of wild-indigo root, in four pints of water. Of this, two tablespoonfuls, with a teaspoonful of the charcoal added, are a dose.

Yeast is a valuable remedy in this disease. Two tablespoonfuls, given to a patient every three hours, afforded immediate relief, and he recovered very quickly. The same thing was given to over thirty others, and restored them all.

Accessory Treatment—A most powerful and valuable remedy is, bathing in cold water. The earlier it is used the better; but, in advanced stages, sponging the body will be safer. Both modes are refreshing to the patient, and generally cause an abatement of fever. Bathing with cold water may be practiced at any hour of the day, when there is no sense of chilliness, or when the heat of the body is unnaturally great.

During the cold stage, while there is much sense of chilliness, or if there is much perspiration, avoid the cold bath, for it is dangerous. In some cases, where the delicacy of the system forbids the use of cold water, a tepid bath may be substituted. Affections of the brain, attended by stupor and delirium, will be generally relieved by often bathing the temples with cold vinegar and water.

Should there be any unusual coldness in the lower extremities, the warm bath should be used immediately, or some warm external applications, in order to restore the circulation. The bath will be improved, in such cases, by throwing in salt freely, and the patient should remain in it till his skin becomes warm. After this, he should be well rubbed dry, and warmed flannels and bottles of hot water should be applied to his feet, legs and under the arm-pits.

When sleep has been disturbed by a disordered nervous system, or jerking of the nerves, three grains of camphor, dissolved in a wineglassful of water, is an admirable remedy. This dose may be given every two

hours, until the spirits are composed and sleep induced.

If the patient has diarrhea, lime-water is a good remedy.

The points of greatest importance may be briefly summed up as follows: The patient should be placed in a large, or at least in a well-ventilated room, so as to secure a continuous and ample supply of fresh air. Cases occurring in close, crowded rooms, in which this prime hygienic condition cannot be secured, should be removed to a suitable place. There should be frequent changes of personal and bed-linen, and changes of posture to avoid congestion and bed-sores. Directly there is the least indication of a bed-sore, the part should be coated over with a layer of flexible collodion. Food or beverages should be given in small quantities at regular and frequent intervals, including water, milk-and-water, tea, broth and beef-tea. It is extremely important that, from the first, nourishment should be given regularly and persistently. The tendency to death is by asthenia, or weakness; and, keeping that in mind, the patient should be frequently supplied with small quantities of very nutritious food. In some cases in which the patients obstinately refuse all food, or are unable to swallow, life is often saved by nutritious or stimulating injections. Quiet should be secured in noisy streets, by stuffing the ears with cotton-wool; cleanliness; sponging the whole surface of the body and carefully drying at least once a day; and intelligent and unremitting watching. There are some simple remedies, in this disease, that doubtless do good, but the destruction of human life that has taken place in consequence of strong medicine administered, makes it apparent that it would have been better had none been given.

Proper Nursing is the "saving ordinance" in typhus fever; but it is not such nursing as is usually given to pa-

tients by the would-be nurses who assume the management of them. Then let the nurse be one who is true, well-trying, and who *properly understands* the business.

Diet—The diet, when the fever begins to decline, should be nutritious. The first precaution is to separate the sick from the healthy, and thus cut off the intercourse between them. Purify both beds and the clothes from every particle of filth; the chambers must be often fumigated with good, sharp vinegar, or the burning of tar.

On the first appearance of typhus, or any infectious disorder, great cleanliness should be observed, the rooms should be freely ventilated, and the floors washed frequently with strong soapsuds, and wiped as dry as possible.

As a purifier, the chloride of lime is among the best, and may be bought at any drug-store.

Preventives—As disinfectants, fresh air, efficient ventilation, and cleanliness are of paramount importance. Use as additional means for avoiding contagion, but by no means as substitutes, white-washing with quick-lime, washing the wood-work with soap and water, repapering infected rooms, cleansing the linen in water to which chloride of lime has been added, and the use of *carbolic acid* in the water employed in sponging the patient—five drops of pure acid to a quart of water. Without cleanliness and fresh air, vinegar, camphor and other so-called preventives are useless, and only disguise noxious vapors. Persons in attendance on the sick should especially avoid the breath and exhalations which arise on turning down the bed-clothes, as there is reason to believe that the poison of typhus is mainly thrown off by the lungs and the skin.

TYPHOID FEVER.

This fever generally commences more gradually, is slower in progress and longer in duration than typhus. In the former, the bowels are constipated; but in the latter there is disposition to diarrhea, with soreness in the bowels on the left side of the abdomen; though these are not always present. Diarrhea may precede the fever symptoms, begin with them, or set in during the latter stage of the disease. The common duration of typhoid fever is about ten days, though it may last fourteen, or linger through four or five weeks.

Symptoms—This disease often comes on with a chill, followed by fever, though it sometimes comes on so gradually and insidiously that it is hard to fix the exact time of its beginning. The patient feels weary, has a slight headache, soreness of the limbs, and is generally indisposed to muscular exertion. The body is hot, and the extremities cool. If the attack is severe, there are painful headache, deafness, delirium, cold extremities, burning heat of the body, frequent and small pulse and, during the later stages, dry tongue, filthy matter on the teeth, offensive breath and twitching of the tendons. There is the same tendency to hemorrhage as in typhus fever. Inflammation of the air-passages often occasions a troublesome cough; and a similar irritation of the stomach causes vomiting. For the symptoms which indicate a fatal tendency, see “Typhus Fever.”

Causes—The *predisposing* causes of this fever are all things which greatly depress the vital powers of the system; and we might say, truly, that no one can have it in its primary form, unless he is of naturally feeble vitality, or under the influence of some cause that produces depression at the time of exposure. If any cause, acting

upon the system, is very intense, the disease may be rapidly developed. Animal matter, in a state of decomposition, is the exciting cause. Prof. Liebig says, "An animal substance, in the act of decomposition, or a substance generated from the component parts of a living body by disease, communicates its own condition to all parts of the system capable of entering into the same state, if no cause exists in these parts by which the change is counteracted or destroyed."

This fever may be epidemic, and the condition of the atmosphere, as to moisture and temperature, will determine the rate of its propagation. That the disease is contagious, in certain conditions, few will deny. From a person in low, typhoid fever, there is constantly given off, both in the excretions and from the lungs, matter in a state of decomposition; and if proper attention be not paid to ventilation and cleanliness, this matter will give rise to the same form of fever in all who come within their reach and are predisposed to disease.

There are still other causes, such as *surface-wells* which are supplied with water filtered through cess-pools or adjacent church-yards, the nitrates of the soil imparting to the water deceptive, sparkling and pleasant qualities; the connecting of drinking-water cisterns with the *water-closet pipe*, or the sewer by a *water-pipe*, which also serves as an air-shaft by which the sewer gases rise into, and are dissolved by, the water which we are about to drink; the *pollution of the air of our houses* by sewage products through openings delusively "trapped," but which pour their gases slowly into our chambers, which, by the rarefaction of the atmosphere, in winter especially, suck them in with great force. Extra fires and lights in the winter season, when outer doors and windows are closed, form a sort of pump, lessening the pressure upon the water-traps or the house-drain, and bring up the

products of decomposition from the sewers. We too readily take for granted that the traps are air-tight and do not allow the gases to find ingress to our apartments.

DIFFERENCES BETWEEN TYPHUS AND TYPHOID FEVER.

TYPHUS.

1. Comes on *quickly*, after incubating about nine days.

2. The eruption is of a *mulberry color*, comes out in a single crop about the fourth or fifth day, and lasts until the termination of the disease. The spots generally appear first on the extremities.

3. The *brain* is chiefly affected, and the bowels are often but little so; the abdomen is natural, and the evacuations dark, but never bloody. (These symptoms are occasionally reversed.)

4. There is a *dusky blush* on the face, neck and shoulders, injected eyes and contracted pupils.

5. Relapses are of *rare* occurrence.

6. *Typhus* arises from *destitution* and *overcrowding*,

TYPHOID.

1. Commences *slowly* and insidiously, the period of incubation lasting about thirteen days.

2. The eruption consists of *rose-colored* spots, few in number, situated generally about the abdomen; comes in successive crops which in their turn fade and disappear.

3. The *bowels* are chiefly affected, the evacuations being ochre-colored and watery, with congestion of the intestinal mucous membrane, sometimes hemorrhage, or even ulceration, and the abdomen is tumid.

4. The expression is *bright*, the hectic blush is limited to the cheeks, and the pupils are dilated.

5. *Relapses* frequently occur, especially in certain epidemics.

with *defective ventilation*, and spreads by contagion.

6. *Typhoid* arises from *bad drainage* and *poisoned drinking-water*—as from a drain leaking into a well—decomposing animal matter, etc., often with deficient rainfall, certain electrical conditions, or an insufficient supply of ozone.

Remedies—Wild indigo (*Baptisia Tinctoria*) has given excellent results in this disease; and it is especially effective when there is foulness of the tongue. Infuse the bark of the root, for half an hour, in warm water, and give one tablespoonful every four hours. Of the tincture, five drops may be added to four tablespoonfuls of water, and given in teaspoonful doses, every two hours.

In speaking of this remedy, Prof. J. M. Scudder, one of the leading lights of the United States, in the Eclectic Medical School, says, “It will cure typhoid fever, typhoid dysentery, typhoid pneumonia, typhoid sore throat, typho-malarial fever, or, indeed, typhoid *anything*.”

Yeast has been employed in this disease, and with good success. It is prepared for use in the following manner: To half a pint, add one teacupful of mucilage, made by putting one teaspoonful of gum-Arabic or of flax-seed in a teacupful of water, together with thirty or forty drops of the spirits of camphor. Mix well, and give in tablespoonful doses, every four hours. This will arrest the tendency to putrefaction, or disease of the contents of the bowels, and the consequent symptoms of black tongue, and of small putrid spots on the surface of the

skin—these being more effectually removed by it than by any other means.

As to purgatives, they are seldom required, and should there be accumulations in the bowels, it will be the better plan to remove them by injections; for, from the great tendency to diarrhea, from the use of physic, it will be safer to risk the drawbacks which may arise from intestinal accumulations than to cause purgation.

For the diarrhea, which is apt to supervene in typhoid fever, the juice of ripe blackberries, given in doses of three or four tablespoonfuls, every three or four hours, is very effective.

For the pain and swelling of the abdomen, fomentations of hops, lobelia or tansy should be applied over the abdomen, frequently renewing them, not permitting them to remain on when cool, and they should not be made so wet as to dampen the bed. Oil of turpentine added to them, a teaspoonful or two, will be found very advantageous in many instances. These fomentations must be continued until pressure can be made upon the parts without causing pain or tenderness, or until the stage of prostration comes on, when they must be dispensed with.

The patient should never be allowed to stool or urinate in the erect position, as long as there is any inflammation or pain or tension of the bowels; a bed-pan must be made use of for these purposes.

Accessory Treatment—Medicine has slain its *thousands* in this disease; but there are some *simple remedies* that, when properly administered, are effective; yet the great dependence should be in the accessory treatment, and in proper nursing.

The patient should, if possible, be placed in a large, well-ventilated apartment, provided with a window, door and fireplace, so contrived as to allow of an uninter-

rupted admission of fresh air and the escape of tainted air. A blazing fire also assists ventilation. The room should be divested of carpets, bed-hangings and all unnecessary furniture. A second bed or convenient couch should be provided, so that, by removing the patient to it for a few hours every day, the fever-atmosphere around his body may be changed. The light from the window may be subdued, and noise and unnecessary talking forbidden.

The patient should be but little disturbed, and enjoy complete physical and mental rest during the whole course of the disease.

The body and bed-linen, including the blankets, should be changed daily, and all matters discharged from the patient immediately removed. The mouth should be frequently wiped out with a soft, wet towel, to remove the impurities which gather there in severe forms of fever. The water may contain a little of *perfumed carbolic acid*. The patient's body should be sponged over as completely as possible at suitable intervals with tepid or cold water, as may be most agreeable to his feelings, and quickly dried with a soft towel. If necessary, the sponging may be done piece by piece, to avoid fatigue. *Carbolic acid* may be added to the water, three or four drops of the pure acid to a quart of water. Sponging the whole surface of the body with cold or tepid water should never be omitted in fever; it reduces the excessive heat, soothes the uneasy sensations, and is indispensable in maintaining that cleanliness which is so desirable in the sick-room. Water thus applied acts as a tonic, giving tone to the relaxed capillaries, in which the morbid action goes on. Frequent washing with soap and water also tends to prevent *bed-sores*, by keeping the skin in a healthy condition. If *bed-sores* have formed, they should be protected

by *arnica* or *calendula-plaster*, which may be had at drug-stores.

As soon as it is determined that the patient has the typhoid fever, the hair should be shingled.

During the early course of the fever, the *wet pack* is an invaluable application, and tends to give a mild character to the disease, when properly administered.

Beverages—At the commencement of the fever, pure water, toast-and-water, gum-water slightly sweetened (one ounce of gum-Arabic, half an ounce of loaf-sugar, one pint of hot water), barley-water, lemonade or soda-water, is nearly all that is necessary. Cold water is an agent of supreme importance. It lowers the excessive temperature and proves a valuable adjunct to the medicines prescribed.

Patients are often unable to swallow or relish nourishment in consequence of the dry and shrivelled state of the tongue, when it will be found necessary to soften the mucous lining by putting a little lemon-juice and water, or other acceptable fluid, into the mouth a few minutes before food is taken.

A sheet is wrung out of cold water and placed on the bed. The patient is then laid on the sheet, with a proper support for his head. Each side of the sheet is then brought over the patient and tucked under the opposite side. The legs are well wrapped in, and the patient is well covered with blankets. He may remain in the pack from ten minutes to an hour. The pack may be repeated several times a day, the frequency being determined by the rise of temperature. When taken from the pack, the patient is to be wiped dry.

An agreeable but less effectual plan is, cool sponging and having the cloths dipped in cold water and laid upon portions of the body.

When there is any tendency to collapse, wet baths should not be given. There can be no doubt of a greatly diminished mortality by the use of cold baths, the disease pursuing a milder course under their use.

If, in the use of water, the circulation becomes feeble, the skin blue or the extremities cold, bottles of hot water should be placed to the feet.

Diet—In either typhoid or typhus fever, where there is no irritation of the mucous membrane of the stomach and bowels, manifested by nausea, vomiting, diarrhea, and pain and tenderness, on pressure, over the stomach and bowels, the patient may be allowed to eat, from the commencement of the attack, regularly but moderately, of light food. If he has taken this from the beginning, then, when the stage of great prostration comes, he may, if able, be permitted to chew a little beef-steak and swallow the juice, or to take, in small quantities, beef-tea; which is made by putting the beef into a bottle, placing the bottle in boiling water, and keeping it there until the heat extracts the juice, which makes the tea, and which may be seasoned to the patient's taste. But, if the prostration is not very great, it is better, perhaps, not to resort to animal nourishment until the fever has entirely subsided. In *all cases where there are nausea and vomiting, with diarrhea, and tenderness over the right side of the lower abdomen*, no nourishment should be taken except in a liquid form, and that of the lightest articles of food, such as rice-water, toast-water, etc. Solid or animal food should not be given, in such cases, until the fever has passed off for three or four days, and the patient has a good appetite. This stage of nourishment should be reached gradually, by making the liquid diet, every day, a little more substantial. You will lose nothing by being so careful, as the patient will improve steadily, and even

rapidly, after the fever leaves him, without solid food. Fatal relapses often follow, when animal or other substantial food is given too soon, and sufficient variety and sustenance can be obtained without any such dangerous risk.

Of course, as far as possible, the patient should have around him only those who are needed to take care of him.

In reference to milk, Dr. Hall says, "In typhoid fever it promotes sleep, checks diarrhea, cools the body, nourishes the system, wards off delirium and prepares the way for cure. It will remain on the stomach sometimes when nothing else will."

Fruit, as a general rule, should not be given in this disease.

Purifying the Atmosphere of the Room—The generation of ozone (active oxygen) constantly in the sick-room, is very beneficial. This is best done by a mixture of two parts of permanganate of potash and three parts strong sulphuric acid in a broad, open vessel. An invigorating quality is imparted to the atmosphere of the room, and is especially beneficial when, for any reason, the room cannot be freely open. Dry scales of iodine, in a chip-basket, hung over the bed, and placed in saucers in different parts of the room, are valuable in removing any unpleasant odor in the atmosphere.

Disinfectants—An available disinfectant is carbolic acid; a few drops may be put on wetted cloths which are hung up in the room. The floor may be occasionally sprinkled with Labarraque's Solution (*chlorinated soda*).

Coffee, dried and pulverized, then a little of it sprinkled upon a hot shovel, will, in a few minutes, clear a room of all impure effluvia, and especially of an animal character.

To purify the air from noxious effluvia in sick-rooms,

not of a contagious character, simply slice three or four onions, place them upon a plate upon the floor, changing them three or four times in the twenty-four hours.

Moderation in Food—A distinguished physician observes, “Food should only be allowed in great moderation, and never to the capacity of the appetite, till the tongue is quite clean and moist, and the temperature, pulse and skin have become natural. In typhoid fever, and in other conditions in which the bowels have been inflamed, this caution is especially necessary during convalescence. Solid food should not be given till the temperature of the patient in the morning and evening has remained, at least for two days, at about the natural point—98-99° F.”

To determine the temperature of the body, place the bulb of the thermometer in the armpit, in the groin, or in the mouth.

The tongue may be moist and clean, and the appetite vigorous, but the ulcers yet unhealed. If the thermometer shows an evening temperature of about 101° F., with a morning temperature one or two degrees lower, solid meat might be sufficient to induce fresh irritation of the unhealed ulcer, fatal hemorrhage, or perforation. Not until the evening temperature has remained, for at least two successive days, below 99° F., can we be certain that the ulcers have healed, and that solid food may be allowed without risk.

Change of Air—The salutary influence of change of climate and scene to persons who have suffered from a serious attack of fever can scarcely be over-estimated; and if the place or climate be intelligently chosen, the happiest results may be anticipated. After recovery from a serious attack of fever, the whole man becomes changed, and there seems to be a renewal of youth. Nothing

gives such a beneficial direction to this change, or renders it so perfect, as a temporary removal to a suitable climate and locality. We fully endorse Dr. Aitken's statement, *No man can be considered as fit for work for three or four months after an attack of severe typhoid fever.*

Precautionary Measures—To check the contagion: All discharges from fever-patients should be received on their issue from the body into vessels containing a concentrated solution of chloride of zinc. All tainted bed or body-linen should immediately on its removal be placed in water strongly impregnated with the same agent. The water-closet should be flooded several times a day with a strong solution of chloride of zinc; and some chloride of lime should also be placed there, to serve as a source of chlorine in the gaseous form. So long as fever lasts, the water-closets should only be used as receptacles for the discharges from the sick, and disinfected as directed above.

Prevention—Architects and builders should provide for the ventilation of every house-sewer, by a pipe running up sufficiently high, so as to prevent injury to the occupants of the upper stories. Where the waste-pipe communicates with the drains, sewer-emanations are absorbed by the water in the cistern, and foul air admitted into the dwelling.

The ventilation of sewers thus becomes a matter of great importance, for, on account of the lightness of sewage-gas, dangerous results have been shown to arise where sewers and drains are merely trapped, if provision has not been made for its escape at the highest outside elevation. In some cases the sewers and house-drains have been found in good order and properly trapped; the water, also, was pure; the source of mischief being in the absence of out-

side ventilation for the house-drains. It cannot be too forcibly impressed upon architects and builders that sewage-traps are useless when the gas has reached a certain pressure, for it will force them. But with proper outside ventilation the communicating house-drains can never store in them as much sewer-gas as will suffice to force a properly made trap.

As to the regular *flushing of drains* which has been recommended, Mr. Chadwick writes, “Those who talk of drains or sewers being good which require to be regularly flushed do not know what good drainage is. Good tubular sewers or drains should be so constructed in size, form and inclination as to run off water, and thus to be self-cleansing, and to be always clear of deposit.”

There is an important fact connected with drainage pointed out very clearly and forcibly by Mr. Chadwick to the Council of the Society of Arts, viz., that fresh, human excretions are innocuous or harmless. Noxious decomposition begins in about four days in the sewer-tank. Then it is, and there it is, in the distant tank or sewer of deposit, that danger arises. Stagnant sewage is putrid, and kills fish; whereas fresh sewage from self-cleansing drains and sewers discharged into rivers, feeds them and augments their numbers. Hence the most effectual course is not to combat with the gasses when produced, but to prevent their production—to prevent the poison-pits and the need of the various materials and services for guarding against them.

REMITTENT, OR BILIOUS FEVER.

By remittent is understood a fever that abates, but does not go off entirely before a fresh attack ensues; or, in other words, where one paroxysm succeeds the other so quickly that the patient is never without some degree of fever.

This fever is principally induced, by the effluvia arising from marshes and stagnant waters. In warm climates, where great heat and moisture rapidly succeed each other, remittent fevers often appear under a highly aggravated form. It appears most apt to attack persons of a relaxed habit, those who undergo great fatigue, breathe an impure air, and make use of poor and unwholesome diet.

Remittent fever generally comes on with a sense of languor, attended by sighing, yawning, and alternate fits of heat and cold. The patient then experiences severe pains in the head and back, intense heat over the whole body, with thirst; the tongue is white; the eyes and skin often appear yellow; nausea and vomiting of bilious matter; with a frequent, small pulse.

After the continuance of these symptoms for a while, the fever abates or goes imperfectly off by a gentle moisture diffused partially over the body, but returns again in a few hours.

It often, however, appears in a more aggravated form. The fever runs much higher, the face is greatly flushed, the thirst excessive, the tongue is covered with a dark-brown fur, breathing is laborious; the pulse is quick and tremulous. After a while another short or imperfect remission takes place, but the symptoms again return with redoubled violence, and at length destroy the patient.

Remedies—1. A very important and highly successful plan of treatment, in this disease, and one which will

often promptly arrest it in its first stage, is the following: Take a common-sized tumbler two-thirds full of cold water, and add to it ten drops of the tincture of aconite-root; give a teaspoonful every half-hour when the fever is highest, and every hour during the remission.

If this plan is persevered in for a few days, it will not, ordinarily, fail to give complete satisfaction and cure the disease.

2. From half to a wineglassful of a decoction of the root of iron weed, taken three or four times a day, is said by Dr. Gunn to be almost a certain cure for bilious fever.

3. To prevent bilious fever from assuming the typhoid form, take a tablespoonful of prepared (willow) charcoal three times a day. It may be found in all drug-stores.

4. The following is also effective for the same purpose: Take, of the tincture of wild indigo (*Baptisia Tinctoria*), ten drops, in a tumbler two-thirds full of soft water; stir well. Dose, two teaspoonfuls every three or four hours for several days in succession.

5. Columbo root, as a tea, in this disease, is very valuable; it checks the vomiting so frequently an attendant upon this complaint.

Accessory Treatment—Quiet is essential, and any excess of noise, heat or strong light should be removed or avoided, as these tend to increase the fever. The body-linen, and that of the bed, should be frequently changed; the chamber should be ventilated daily, and sprinkled with vinegar, or purified by the use of other disinfecting agents; and the discharges from the bowels of the patient should always be immediately removed. The chamber of a seriously sick person should be kept entirely free from visitors. The physician, nurse and family are the only persons who should ever be allowed to enter there. Neglect of this

requisition has often brought discredit upon a physician, and death to his patient.

During convalescence, great prudence must be observed in the diet and exercise. The food should be light and nutritious and small in quantity. Both mental and physical exertion must be moderate, though gentle exercise in the open air may be taken as soon as strength will permit.

Bathing the Surface—Those who are unacquainted with the effects of bathing the surface cannot appreciate its value, and it therefore must by no means be neglected.

Rain or spring-water may be used for this purpose, to which sufficient lye has been added to render it mucilaginous, or slightly caustic to the tongue. When the heat is very great, this may be applied over the whole surface. In general, it is best to apply it tepid or moderately warm, but in some cases it proves more serviceable to apply it quite cold. The manner of using it should be as follows: Place the vessel containing the liquid by the side of the patient's bed, then let an assistant or the nurse raise the clothes from the body with one hand, and with a piece of flannel or sponge, dipped in the liquid, thoroughly rub first one side of the surface, from the neck to the feet, with the other. The patient must then be turned upon the opposite side, and bathed in the same manner. This process is invariably attended with a salutary effect. It may be repeated as often as the heat of the system becomes very considerable, until a remission or partial remission takes place. This process removes the slimy, viscid and perspirable matter which is thrown upon the surface, and which assists in obstructing the pores of the skin. It removes the tension and spasm of the capillaries by its relaxing properties. It

likewise diminishes the preternatural heat by the evaporation which takes place.

This effusion has been found productive of the most decided good effects in remittent fevers. This should be employed at the height of the paroxysm, when the sensations of heat are violent, the headache severe, and the skin dry. The effects to be observed from the effusion are, an alleviation of the violent symptoms, a tendency to quiet sleep is soon induced, the skin becomes moist, and a distinct remission follows.

Various drinks may be given possessing diluent and diaphoretic properties, such as infusions of *balm*, *slippery-elm bark*, *mint* and *catnip*; but few articles in the whole materia medica are of more essential benefit than cold water. The parched lips, dry mouth, intolerable thirst and the great heat of the system, all call loudly for the use of this universal diluent liquid. It may be taken freely at all times, except when chills are present. Should it, however, produce any uneasiness or fullness of the stomach, it must be taken in smaller quantities, and repeated oftener. There are an infinite number of cases on record where the free use of water *internally* and *externally* have cured fevers in their forming, and even advanced stages.

Dr. A. Atkinson states that a physician, who had practiced physie in Louisiana for forty years, informed him that he had found the mucilage or tea of *slippery-elm bark* a very superior remedy for the fevers peculiar to that country (such as bilious and other); that he had used little or nothing else for many years; and they generally recovered. He thought no person would die of fever who could procure slippery elm. When we reflect that these diseases irritate, and often ulcerate, the mucous coat of the *intestines*, we must see the utility of administering this

cooling and soothing drink. Nothing so soon reduces inflammation externally, and why not internally?

Lemonade may also be freely drunk as a change, except when stimulating medicines are given to produce perspiration. In such cases it ought not to be taken, except when very warm.

Tonics—I have often given tonics in fevers when there was some little remission, but have seen little or no benefit from them. There is one article, however, that may be given with benefit, which combines tonic and diaphoretic properties: Take Virginia snake-root, and add boiling water; to be given occasionally through the day; an infusion of boneset may also be given.

Having spoken of the general treatment of remittent fever, I shall now speak of particular symptoms.

Headache—There is usually great pain in the head, to relieve which the feet must be frequently bathed in warm water, and the following plaster applied to them: Take Indian meal and mustard, equal parts; add vinegar sufficient to form a plaster or paste.

If the pain and heat of the head be great, apply the following lotion: Take spirits, vinegar and rain-water, equal parts; to a pint of which add a teaspoonful of salt. Let this be repeatedly applied to the head, nearly cold. It is necessary to apply a cap or handkerchief over the head, to prevent a too speedy evaporation.

Sickness at the Stomach—This symptom is very common, and extremely distressing; to allay which give an infusion of *spearmint*. Sometimes the peppermint given in the same manner proves even more serviceable. The same articles bruised and mixed with a small quantity of vinegar, and applied over the pit or region of the stomach, have proved very effectual.

Should not this allay the vomiting, give the *neutral-*

izing mixture; or a little saleratus may be dissolved in cold water, and given.

Local Pains and Congestion—When any particular part or organ is very much affected, apply a fomentation of bitter herbs. Should these not remove the irritation, a mustard-plaster may be applied; a little Indian meal to be added, to prevent the flesh from becoming ex-coriated.

Canker—If there are ulcerous spots in the mouth, or the throat is sore, let it be gargled with a decoction made of *sage* and *hyssop*, sweetened with honey, to which add a little powdered borax.

Cough—Should there be a cough, demulcent and mucilaginous medicines must be given, a decoction of *hoarhound* sweetened with honey, and such as are mentioned under the head of “Coughs.”

SCARLET FEVER.

Children are far more liable to contract this complaint than adults, as very few of the latter will have the disease when exposed. The interval between the exposure and the attack varies from two or three days to three weeks. Patients may have the disease without exposure to those who are sick with it, especially when it is prevailing in the neighborhood.

General Symptoms—Scarlet fever usually commences suddenly, with the ordinary forerunners of fever—chills and shiverings, succeeded by hot skin, nausea, some-

times vomiting, rapid pulse, thirst, frontal headache and sore-throat. The last-named symptom—sore throat—is generally the earliest complained of by the patient. In about forty-eight hours after the occurrence of these symptoms, the *characteristic rash* is perceptible, first on the breast, from whence it gradually extends to the neck, face, trunk, over the great joints and limbs, till the whole body is covered with it. The eruption is *bright scarlet*, and consists of innumerable red points or spots, which have been compared to a boiled lobster-shell. These spots either run together, and diffuse themselves uniformly over the skin, or else appear in large, irregular patches in different parts of the body. The color of the skin disappears on pressure, but returns on its removal. The appearance of the tongue is characteristic: it is first coated, the tip and edges are red, the pimples are red and raised; afterwards the tongue becomes clean and raw-looking. A diffused redness, sometimes of a dark claret-color, covers the mouth, etc., which disappears as the febrile symptoms and rash subside. On about the fifth day the *rash* generally begins to decline, and entirely disappears by about the eighth or ninth day, leaving the patient in a weak condition. The subsequent process of peeling off of the cuticle is variable in its duration; it takes place in the form of scurf, from the face and trunk; but from the hands and feet large flakes are separated, sometimes coming away entire like a glove or slipper.

Remedies—1. A very safe and *remarkably sure* remedy, in scarlet fever, is uncooked, old, fat bacon, with low diet and cooling drink, as hereafter given. The whole surface of the body should be rubbed with the bacon twice a day. In severe cases, bind thin slices of it on the neck, breast and soles of the feet. Before the first application of the bacon is made, wash the whole

surface of the body with tepid water. Of the numerous cases, in which this remedy has been employed in this disease, I know of but *a single case* in which it has failed.

2. Dr. Stevens asserts, that he has used the "Cayenne gargle," in about four hundred cases of scarlet fever, with almost uniform success. Now, if this were used, in connection with the foregoing remedy, this dreaded disease would be effectually mastered. This gargle is prepared as follows: One teaspoonful of Cayenne pepper, two teaspoonfuls of salt, and half a pint of boiling water; strain, and add half a pint of good vinegar. When cold, give a teaspoonful every hour to an adult, reducing the dose in proportion to age. Frequently gargle the throat with the same mixture.

3. The following remedy is published by the Academy of Medicine of Paris, and pronounced a *never-failing* cure for this disease. This is the prescription:

"Take, of

Sulphate of zinc.....1 grain.

Fox-glove (*Digitalis*).....1 grain.

Sugar $\frac{1}{2}$ teaspoonful.

Mix with two tablespoonfuls of water. When mixed, add four ounces (eight tablespoonfuls) of water, and take a tablespoonful every hour. The disease will disappear in twelve hours. For a child, smaller doses, according to age." (See "*Table of Doses for Children*.") With this treatment, *we* have known the disease to disappear in less than twenty-four hours, and have not known a single failure in effecting a speedy cure. It is likewise effective in small-pox.

4. The following is from Dr. W. Field, of Wilmington, Delaware, who says that he has had much experience in the cure of scarlet fever, of the most malignant type,

and that it will cure a large majority of cases of this disease without calling a physician: For adults, give one tablespoonful of brewers' yeast in three tablespoonfuls of sweetened water, three times a day; and, if the throat is much swollen, gargle with yeast and apply it to the throat, as a poultice, mixed with Indian meal. Use plenty of catnip tea, to keep the eruption out, for several days.

At any time, during the treatment of scarlet fever, should the putrid symptoms continue (the throat remaining of a dark-purple color), gargle it frequently with yeast. It must be mixed with milk and a little honey added.

If suppression of urine occurs, give a strong tea or infusion of *spearmint*, with a little *spirits of nitre*, and apply *hops* and *vinegar*, simmered together, over the region of the bladder.

Mortification—The face and inside of the mouth often mortify in scarlet fever, particularly after the use of mercury. When this is the case, apply a *yeast-poultice* over the part, and let the mouth be gargled with it; or apply it to the parts in the best manner possible.

Dr. Ludlam says, "I find diluted acetic acid—one part of the acid to twelve parts of water—the best wash for the mouth and throat. It tends to remove the deposits which form on the mucous membrane, and is eminently antiseptic."

Accessory Treatment—The patient should be placed in a separate room which can be so ventilated as to secure a copious and continual supply of *fresh air*; for the one means above all others which mitigates the virulence and infectiveness of scarlet fever is ventilation. The room should be as free from furniture as possible. Curtains, carpets and woolen stuffs should be removed. A fire is necessary in cold weather. Condry's fluid or carbolic acid should be freely used about the room. The door

of the sick-chamber should be open as little as possible. A fire in all seasons—as small as may be in summer—and an open window ensure the most efficient ventilation. Two or three vessels with Condyl's fluid placed about the room, and a small sheet sprinkled freely with acetic acid, diluted with twelve parts of water, and hung upon a clothes-horse, are my favorite modes of disinfecting. Sponging the surface of the body with tepid water, piece by piece, moderates the great heat and allays restlessness, quiets delirium, lowers the pulse and favors sleep. Sponging with diluted acetic acid—one part of the acid to six parts of hot water—is preferable, or equal parts of vinegar and water. I use it as warm as the patient can bear it three times a day, and mop, but not quite dry, the skin with a soft towel after each application. When this operation is carefully and persistently done from the moment the nature of the illness is recognized, and continued until convalescence is established, there is no desquamation or peeling off of the cuticle.

The above baths are to be employed in the first stages, after which the bacon, as before stated.

A wet bandage to the throat, when it is affected, is a sovereign remedy, and seldom fails to relieve. It should be fastened both at the back of the neck and at the top of the head, so as to protect the glands near the angles of the jaws. Inhalation of steam from hot water is useful when the throat is sore and painful. The *wet pack*, especially at the commencement, is often most valuable, and it may be repeated several times, at a few hours' interval, as long as severe febrile symptoms continue; but it requires to be administered by an experienced person. When the eruption is slow in coming out, or is suddenly suppressed, the child should have a hot bath, or be packed in a blanket wrung out of hot water. During convalescence,

warm clothing, including flannel, is necessary; and subsequently a change of air, if possible to the seaside. The patient must not, however, go out too early, as secondary symptoms are of frequent occurrence from neglect of this precaution.

Diet—During the whole course of the fever, milk, either alone or with plain or soda-water, thin gruel, sago, arrow-root, yolk of egg beaten up with cold milk, grapes, oranges and cooked fruits, should be the staple diet. The drink may consist of cold water, gum-water, barley-water, weak lemonade, etc., in small quantities, as frequently as desired. As soon as the fever subsides, the patient may gradually and cautiously return to more substantial food. Stimulants are rarely necessary. Liebig's extract of beef, beef-tea, etc., found on another page, may be given *regularly* in frequent, small doses.

The patient should invariably remain in bed; the room should be well ventilated, and at the same time the patient should be protected from direct currents of air. If possible it should be an upper room, as the poison rises, but does not descend. The clothes of the patient, the sheets, blankets and personal linen, as well as the air of the room, should be frequently changed. The light of the apartment should be modified to prevent injury to the susceptible eyes.

Beverages—Cold water, gum-water, barley-water, weak lemonade, etc., in small quantities, as frequently as desired. Drinking cold water, toast-water, or soda-water exerts a favorable influence on the kidneys, and tends to prevent subsequent diseases in those organs. To the same end sucking and swallowing *small pieces of ice* are both useful and grateful.

Roasted apples, grapes, strawberries, and other ripe fruits in season, toast, gruel, etc.; gradually re

turning, as the disease declines, to food of a more substantial kind. The fever being of short duration, *extract of meat* should be given freely. In scarlet fever, give all the milk the patient will take; it keeps up the strength, and does good in other ways.

Preventive Measures—1. *To be adopted by the unaffected:* During the prevalence of scarlatina, a dose of *belladonna* should be given, morning and night, to children who have not had the disease. To three tablespoonfuls of water, add five drops of the tincture, and of this give one teaspoonful at a dose. To small infants, half this quantity. Should the disease occur, notwithstanding this treatment, its severity will be much mitigated. The author has great faith in the virtue of *belladonna* thus used, both as the result of his own experiences, and from the testimonies of numerous correspondents.

2. *To be adopted by the attendants upon the invalid:* The attendant should have as little intercourse with the other members of the household as possible. She should wear over her ordinary clothes a dress of calico, which she can readily take off before she leaves the sick-chamber. She should also dip her hands into a disinfectant after touching the patient, and especially before quitting the room. Condry's fluid or chloride of lime—one tablespoonful of either to about a gallon of water—is usually employed for this purpose. All excretions from the invalid should be disinfected with the chloride of lime solution, and disposed of at once. All wearing-apparel that has been used by the patient should, on its removal, be immediately placed in a vessel containing a sufficient quantity of either of the above disinfectants, and be put out of doors as soon as possible, and afterwards boiled in the disinfectant. Woolen clothes, bedding, etc., that do not admit of being boiled, should either be burnt or fumigated

with sulphurous acid for two or three hours. The sick-chamber itself, when the patient is permitted to leave it, should be disinfected in a similar manner. The operation of fumigating with sulphurous acid is exceedingly simple. All that is required is to sprinkle a small quantity of sulphur on a piece of burning wood, or a few live coals, in a room all the apertures of which are closed up, till the room is filled with the fumes. The next best thing is to burn a little coffee in the room every day.

BRAIN-FEVER.

Causes—This disease is often occasioned by night-watching, especially when joined with hard study. It may likewise proceed from hard drinking, anger, grief or anxiety. It is often occasioned by the stoppage of usual evacuations, as the bleeding piles in men, the customary discharges of women, etc. Such as imprudently expose themselves to the heat of the sun, especially by sleeping without doors in the hot season with their heads uncovered, are often suddenly seized with inflammation of the brain, so as to awake quite delirious.

Symptoms—The symptoms which usually precede brain-fever are pain in the head, redness of the eyes, a violent flushing of the face, disturbed sleep or a total want of it, great dryness of the skin, costiveness, a retention of the urine, a small dropping of blood from the nose, singing in the ears and extreme sensibility of the nervous system.

When the inflammation is formed, the symptoms in

general are similar to those of the inflammatory fever. The pulse, indeed, is often weak, irregular and trembling, but sometimes it is hard and contracted. A remarkable quickness of hearing is a common symptom of this disease, but that seldom continues long. Another usual symptom is a great throbbing or pulsation of the arteries in the neck and temples.

A constant trembling and starting of the tendons is an unfavorable symptom, as are also a suppression of urine, a total want of sleep, a constant spitting, a grinding of the teeth, which last may be considered as a kind of convulsion.

The favorable symptoms are a free perspiration, or sweating, a copious discharge of blood from the nose, the bleeding piles, a plentiful discharge of urine which lets fall a copious sediment. Sometimes the disease is carried off by a looseness, and in women by an excessive flow of the menses.

Remedies—In the early stages of this disease, when attended with a high fever and full pulse, the diet should be light; nothing more than gruel, rice, and at most toast, cracker and milk-and-water. If convulsions occur during the early stage when the fever is high, showering the head with a small stream of cold water, holding the head over a tub, and putting the lower extremities into warm water, will often relieve the symptoms. Continue the showering for a few minutes, or until the extremities and head become cool, unless the convulsions cease sooner; then omit it until there is heat of the head and extremities, when it may be repeated. It may require to be applied several times in the course of the first forty-eight hours; or what is better after the convulsions have ceased, and in cases where there are no convulsions, wring a towel from cold water, and envelop the entire head with

it, excepting the face, and put over the whole three or four thicknesses of dry flannel, and pin so as to exclude the cold air; wet the towel once in six hours. This application often affords very great relief. If it fails, sponging the head with warm water generally has a beneficial effect.

If the bowels are constipated, free injections of warm water once in twenty-four or forty-eight hours may be used.

Efforts should be made to restore the blood to the extremities, and thus divert it from the brain. Bathe the feet in the warm alkaline bath, made by adding a little saleratus, or lye, or ashes, to warm water. This should be done two or three times a day; and have either hot bricks or drafts, of the leaves of common cabbage, skunk-cabbage, or horse-radish, wilted by the fire, applied to them.

The patient may be allowed to drink lemonade, water made acid with cream of tartar, and also spearmint-tea, with a little sweet spirits of nitre in it. The latter will act as a diuretic, which will prove of much advantage.

The room must be cool, free from noise, and kept dark. Callers and visitors, no matter how kind their intentions and desires may be, must positively be kept out of the sick-room. Their presence always makes the disease worse.

When convalescence takes place, it must be remembered that the patient is not out of danger for several weeks. Too full a meal, over-exercise, or even slight excitement of the mind, may cause a relapse.

1. During the progress of the disease, the following remedy is often efficacious:

Tincture of aconite.....10 drops.

Tincture of yellow jessamine.....10 drops.

Water 1 teacupful.

Mix.

Dose, one teaspoonful every hour, until the acute symptoms abate, when it should be given less frequently.

2. Take, of

Castor oil.....1 tablespoonful.

Strong Castile-soapsuds..... $\frac{1}{2}$ pint.

Poppy-leaves1 handful.

Water (warm) $\frac{1}{2}$ pint.

Mix thoroughly, and strain.

Use as an injection. When patients are in the most intense agonies, in this disease, this remedy will often afford the most prompt relief.

In extreme cases of this disease, applications of ice to the head have been made with great benefit. There have been instances in which its use, from forty-eight to sixty hours, have been followed by the recovery of the patient. But this remedy should be employed under the direction of a skilful physician, or by those only who are experienced in its use.

**FEVER AND AGUE, OR CHILLS AND
FEVER (Intermittent Fever).**

Causes—Marsh-miasma, or the effluvia arising from stagnant water or marshy ground, when acted upon by heat, are most frequently the exciting causes of this fever. In marshes the putrefaction of vegetable and animal matter is always going forward; and hence it has been generally conjectured, that vegetable or animal putrefaction imparted

a peculiar quality to the watery particles of the effluvia arising thence. It has been ascertained that marsh-miasma, when much diluted with watery exhalation, as in summers where an unusual quantity of rain has fallen, are nearly inert; but when arising from stagnant waters of a concentrated foulness, in consequence of great drought and heat in the latter end of summer and the early part of autumn, they act with great violence and malignity.

This disease may also be occasioned by debility, however induced, by a poor, watery diet, damp houses, evening dews, lying upon the damp ground, watching, fatigue, depressing passions of the mind, etc.

When the inhabitants of a high country remove to a low one, they are generally seized with intermittent fevers, and to such the disease is most apt to prove fatal. In a word, whatever relaxes the solids, diminishes the perspiration, or obstructs the circulation in the capillary or small vessels, disposes the body to ague.

Symptoms—This disease may be divided into three stages, viz., 1. The cold stage. 2. The hot stage. 3. The sweating stage.

Cold Stage—An intermitting fever generally begins with pain of the head and loins, weariness of the limbs, coldness of the extremities, stretching, yawning, with sometimes great sickness and vomiting; to which succeed shivering and violent shaking; respiration is short, frequent and anxious.

Hot Stage—After a longer or shorter continuance of shivering, the heat of the body gradually returns; irregularly at first, and by transient flushes; soon, however, succeeded by a steady, dry and burning heat, considerably augmenting above the natural standard. The skin, which before was pale and constricted, becomes now

swollen, tense and red, and is remarkably sensible to the touch. The sensibility, diminished in the cold stages, is now preternaturally acute; pains attack the head, and flying pains are felt over various parts of the body. The pulse is quick, strong and hard; the tongue white, the thirst is great, and the urine is high-colored.

Sweating Stage—A moisture is at length observed to break out upon the face and neck, which soon becomes universal and uniform. The heat falls to its ordinary standard; the pulse diminishes in frequency, and becomes full and free; the urine deposits a sediment; the bowels are no longer confined; respiration is free and full; all the functions are restored to their natural order.

The title of intermittent, or chill and fever, is applied to that kind of fever which consists of a succession of paroxysms or periods of fever, between each of which there is a distinct and perfect intermission from fever-symptoms; whereas, on the other hand, by remittent fever is understood, that form of fever that abates, but does not go off entirely before a fresh attack follows; or, in other words, where one paroxysm succeeds the other so quickly that the patient is never without some degree of fever. It is probable, however, that these two forms of fever are one and the same disease, differing only in degree or intensity of the symptoms.

Remedies—1. A tincture, made from the gum-plant, or gum-weed (*Grindelia Squarrosa*), is, in most forms of this disease, a sure cure. Take, of the tincture four tablespoonfuls; glycerine, four tablespoonfuls. Mix. Dose, one teaspoonful, four times a day.

This tincture can be found in most drug-stores, and is prepared in the following manner:

Take, of

Gum-plant.....	4 ounces.
Alcohol.....	$\frac{1}{2}$ pint.
Water.....	$\frac{1}{2}$ pint.

Mix.

Let it stand for a few days, shaking it occasionally. In chronic forms, especially, of this disease, this remedy is, perhaps, unsurpassed.

2. In the states where the iron-wood grows, it is reputed by many to be an excellent cure. It is used in strong decoction or tea, made by chipping the heart of the tree and steeping it. Dose, one-half teacupful three or four times daily.

3. Sometimes a simple remedy is very effective in curing chills and fever. Lemon-juice, for instance, will often cure without any other medicine; but its curative properties are greatly increased, it is said, when used with coffee. The juice of one lemon is to be added to a teacupful of coffee, and drunk at one draught, without milk or sugar. The dose should be taken twice a day.

4. A decoction of the root of the iron-weed, taken in doses of one-half wineglassful, or more, three times a day, is an excellent remedy.

5. A strong tea made from the dog-wood, sometimes called box-wood (*Cornus Florida*), will, it is said, cure fever and ague, especially after it has become chronic. It is harmless and may be drunk freely, and should be continued for some time.

Intermittent fever, or ague and fever, is usually described as having three stages: the cold stage, the hot stage, and the stage of perspiration or sweating. When it is desired to give quinine in this fever, it should be given only when the following symptoms are present: The three stages just mentioned, should be well marked and distinct;

in other words, well separated from each other, and one follow the other in regular order. There should be a pale, jaundiced color of the face, the tongue coated yellow, appetite diminished or entirely destroyed. When this is the general condition of the patient, quinine will be of service to him. It should be administered during the interval between the paroxysms, and when he is entirely free from fever.

If the fever comes on every other day, the quinine should be taken on the well day, or during the time the patient is feeling the best. If it comes on at stated times every day, this medicine should not be taken until the fever has entirely passed off, and the sweating stage has fairly commenced. When the proper time has arrived, and you desire to take the quinine, get it ready in the following manner: Put ten grains of it into a tumbler containing five tablespoonfuls of water. To this add five drops of elixir vitriol (sulphuric acid); stir well together. You will now have a clear solution, looking almost like spring-water. If you know you are to be free from fever all day, commence in the morning early, and take one tablespoonful, and one every four hours, until the whole quantity is taken. If your chills come on at a certain time every day, say at six o'clock in the morning, and last two hours, or until eight, and then the fever sets in and lasts until twelve or one o'clock, in the afternoon, when it subsides, and a free perspiration or sweating breaks out—then begin to take your quinine. You are to have it prepared as above described. Take a tablespoonful every two hours, until you have taken four doses. You will have one tablespoonful left. Do not take this until four or five o'clock the next morning; thus taking the last of the quinine at least an hour before you expect your chills would

come on again. Ordinarily this will be sufficient treatment to break any paroxysm of ague and fever. Usually it is best to take, for several days afterwards, a bitter drink of some kind, such as boneset tea, or a decoction of wild cherry-bark. Or, take a tablespoonful of Peruvian bark, and throw it into a pint of hot water. Cover the dish and let it stand near the fire. In two hours it will be ready for use. You can take a wineglassful of either of these preparations once or twice daily.

Accessory Treatment—Removal to a healthy locality is one of the first and most essential points, and is often immediately attended by marked improvement. If compelled to remain in an aguish district, patients should not go out of doors in the evening, or too early in the morning—at least, not before taking breakfast; they should sleep in the loftiest part of the house. Sunlight and air should be freely admitted during the middle of the day, but night-air carefully excluded. Fatigue should be avoided; also sitting or standing in a current of air.

Diet—On the days in which the fits occur, the food should be light, taken in small quantities, and great dietetic precautions observed until the paroxysms entirely disappear. Gruel, arrow-root, tapioca, sago, or corn-flour; mutton or chicken-broth, or tender meat, may be taken in the intervals between the fits. Cold water, *ad libitum*.

Prevention of Chills and Fever—In a section of country where people are subject to this disease, and where they are compelled to be out of doors early in the morning and late in the evening, a hot meal, or at least a cup of hot drink and a slice of bread, should be taken before leaving the house, and it will ward off this disease. See article in the first division of this book, entitled “Malaria,” for an additional preventive.

In these malarious sections of country, men should

wear their beards. Immunity may also be secured to a great extent by *keeping the mouth shut*, and breathing only through the nostrils.

Flannel worn next the skin will keep the body warm, and protect it from the influences of sudden changes.

Dumb-Ague (Sun-Pain)—Dr. Bayes has clearly shown that what Dr. Golding Bird describes, in his work on “Urinary Deposits,” as *dumb-ague* with its “sallow aspect, depressed health, and visceral engorgement,” is now known to be no ague at all, but is, in reality, slow *quinine* or *arsenical poisoning*. The overdosing with *quinine* or *arsenic*—not the ague—is “the poison which remains in the system, and is continuing its work.”

Symptoms—There is a severe pain in one side of the head, or extending over the whole of it, and which is not only periodic in its attacks, but is frequently preceded by slight chills, or sensation of cold, with more or less depression of spirits. Sometimes the pain will be in the face, in one or more teeth, in the chest, or any other part of the body, and may be determined by its periodicity, slight chills, etc. See p. 455, vol. ii.

SPOTTED FEVER (Typhus Petechialis).

Symptoms—Some patients are seized with violent pains in the stomach, head, joints and limbs; and frequently the pain is confined to a single point; often to a single toe or finger. Some have a violent ague and shaking, and yet are not sensible of cold; and some have no heat. Some are taken suddenly, totally blind or impen-

etrahly deaf ; others are not affected at all in those organs. A palsy of a member is not infrequent, and a strange numbness is felt in the nose and face of some, which leads them to be rubbing their face, and that for hours. Some have raving or furious delirium, others a playful or hysteric alienation of mind, while others are more shrewd than before. Some are conscious of their sinking, yet seem not to mind it. Some fall into a snoring, lethargic sleep, from which nothing will rouse them. Some are so painfully sensitive as to complain of the slightest touch or motion, while others feel not the pricks of needles, nor even the contact of living coals.

The pulse is commonly feeble, frequent, irregular, and often interrupted. In some cases it seems inflated, yet will disappear upon the slightest pressure. Sometimes, when the pulse is gone in the wrist, the arteries of the neck will be seen beating with seemingly impatient and fretful motion.

Bleedings are frequent from different parts of the body, and often fatal. Purple spots appear in some, from oozing of blood from the relaxed vessels of the true skin, yet without sufficient force to penetrate or elevate the scarf-skin, and spreading to various sizes, from a point to that of a twenty-five cent piece ; and assuming different hues, from scarlet to black. In this disease, however, there are often no spots or fever at all, and the patient is in many cases dead before fever could form.

From the onset a clay-like coldness comes over the whole system, and all efforts to restore genial warmth are frequently unavailing. The tongue is in some cases clear and moist, in others dry, in others bloodless ; in the progress of the disease it commonly turns brown or black. The swallowing is often difficult, from canker in the throat or from palsy of the parts. *Nausea* and vomiting com-

monly harass the patient from first to last; *yet the contents of the stomach are not at all vitiated*. The bowels seldom suffer at all. A horrid sensation of cold is felt in the stomach, as if ice was melting there; this symptom, as well as that of puking, is greatly aggravated by drinking cold water or any weak beverage. Patients who inquire for water cannot distinguish it from brandy.

Remedies—We would advise that a good physician should be immediately sent for, though frequently it will not do to wait for his arrival. The treatment must be pursued vigorously, as, with such symptoms as we have described, no time is to be lost.

Put a mustard-plaster over the back of the neck, lengthways downwards; rub the body well, rapidly and persistently, with red pepper and brandy, keep hot bottles to the feet if cold; do all that is possible to keep the whole skin soft and warm.

It is always necessary, in this disease, to promote free perspiration. To accomplish this purpose, the following remedy, which acts most promptly and certainly, is highly recommended; it is the tincture of *jaborandi*. It may be given in doses of from fifteen to thirty drops, every two or four hours, according to the severity of the disease.

When the disease runs slower, treat it as a typhus fever; after this, move the bowels, bathe the feet thoroughly in mustard and water, and give freely an infusion of pleurisy-root and boneset. Sponge frequently with vinegar and water.

YELLOW FEVER.

Symptoms—Premonitory symptoms, such as loss of appetite, debility, aching in the back and limbs, etc., may or may not precede the attack, but cannot be said to indicate it, as they precede many other diseases, and are often followed by no serious illness. An attack of yellow fever frequently comes on in the night, as often without, as with, chills or chilliness. Severe pains in the back and limbs do, however, usually characterize the early stage of this disease. The skin becomes dry and hot, the pulse rapid, the breathing hurried, the face flushed, the eyes red and watery, and a white fur appears upon the tongue, which is usually moist at the beginning. There are, sometimes, sore throat, nausea and vomiting, from the commencement; but usually, these stomach-symptoms are not fully developed till after a period of from twelve to twenty-four hours, when they become very prominent. There is soreness in the stomach, on pressure, and a feeling of weight and oppression, with burning pain. The stomach becomes irritable, not only throwing up everything that is swallowed, but also, when undisturbed by food or medicine, throwing up its own secretions, with great pain and distress, owing to the tenderness of that organ. The patient craves cold drinks, the bowels are costive, and the head and eyes ache; the mind is often disturbed, and, not uncommonly, even to the point of delirium, which is occasionally violent. On the other hand, in some instances, there appears a profound stupor. The febrile symptoms continue, with little or no change, for a period varying from a few hours to three days, and sometimes longer. As a general rule, the more severe the attack, the shorter will be the duration of the fever.

In mild cases, when the fever abates, the patient

may readily recover; but we may know that the great struggle is yet to come, when, during this apparent calm, there is increased tenderness in the stomach, on pressure, and the eyes and skin begin to turn of a yellow or orange color, generally extending over the body, and the urine has a yellowish tinge. In symptoms, the pulse may even be slower than natural, and, in the most cases, there may be heaviness or stupor.

This period of seeming abatement may last only a short time, or may continue for twenty-four hours, and is followed by prostration. The pulse again becomes quick, and, in severe cases, irregular and feeble; the circulation returning slowly to any portion of the skin where a pressure has been made. The fingers and toes assume a dark, purplish hue. The skin appears like bronze. The tongue is either brown and dryish in the center, or smooth, red and chapped. The teeth are sometimes covered with offensive crusts of dried mucus. The stomach again becomes so irritable that everything swallowed is thrown up, and ultimately new matter is vomited, consisting of brown or blackish particles, in a colorless fluid, which finally becomes black and opaque. This stage of the disease is popularly known as that of the "black vomit." These symptoms have occurred, in bad cases, as early as the first day. The urine is commonly more natural than in the febrile stage, but is sometimes retained, or not even secreted. There is often oozing of blood from the nose, gums, tongue and throat, and it is often discharged by the stomach or bowels, or by the urine, and dark spots appear on the surface of the body, caused by the clotting of the blood under the skin. The bowels often discharge large quantities of black matter, similar to that thrown from the stomach. The patient does not care whether he lives or dies; the pulse grows

feebler, the breathing slow and sighing and broken by occasional hiccough; the skin grows cold and clammy; the body emits an offensive odor; a muttering delirium sets in; the eyes sink, the pulse ceases, and the face collapses. Death comes sometimes quietly, but often in convulsions.

Instead of following the fatal course just described, the symptoms may react after the period of abatement. Then a secondary fever sets in, of different degrees of violence; but this may always be taken as a sign that the vital energies are not yet exhausted. This fever may end, more or less speedily, in health; or it may soon end in complete exhaustion; or it may take a typhoid form, and last two, three, or even four weeks. If the patient dies, it is usually on the fourth, fifth or sixth day; but death may come as early as the third, or not until the ninth or tenth day, and in typhoid cases even much later.

Such are the usual course and symptoms of this fever; but it is subject to great variations, as it is often complicated with typhus and remittent fevers. Although much speculation has been indulged, and many theories advanced, almost nothing is certainly known of its cause. It is epidemic, and, perhaps, to a limited extent, contagious.

Remedies—A remedy for this disease, used with great success in Mexico, is given by a medical writer from that country, as follows: “A tumblerful of olive-oil, well mixed with the juice of three limes and a tablespoonful of fine salt. Give one-third of this quantity at the first dose; afterwards, give a tablespoonful every two hours. If this should act too violently or too frequently on the bowels, increase the interval between the doses, even to four or six hours.”

He further says, that he has seen it used in hundreds of cases, many of them the most desperate he ever saw, and that he never knew it fail to produce a cure in a solitary instance. It sometimes cause the patient to vomit; in such cases it should be repeated until the stomach will retain it. When the limes cannot be procured, use two lemons instead.

During the epidemic of 1878, in the Southern States, where the following treatment was employed, excellent results were obtained: The bowels were kept open and the kidneys active, by the use of the hyposulphite of soda. An ounce of this salt was dissolved in eight ounces of water and a tablespoonful given every four hours. The patient was kept well covered with blankets, and a gentle sweating encouraged by the use of orange-leaf or horse-mint tea. Besides this, keeping the patient in bed during the stage of calm and giving liquid nourishment and stimulants and small doses of quinine, constitute the treatment. An almost universal fatality was reduced to a fatality of one in ten in whites, two in fifteen in mulattos, and one in thirty-six in negroes. Getting up, or eating solid food of any kind during the disease, which patients desire to do during the stage of calm, is almost always fatal.

Salicylic Acid Remedy—In an epidemic in Savannah, this acid was used in a single dose of a drachm and a half in capsules, or rubbed up with sugar; if the stomach rejected it, twice the quantity (three drachms) was given by injections into the bowels. Out of one hundred and seventy-nine patients only four died. The disease during that epidemic was of intermittent and remittent type.

A medical writer, in speaking of the treatment of yellow fever, observes, "Having had opportunities of seeing much of this disease in Havana and on the coast of Spain, as well as up the Mediterranean, where it prevails

extensively, I will give you the treatment generally adopted by the Spanish physicians. It consists in the use of mild and cooling laxatives, such as supertartrate of potassa, or cream of tartar, and drinks of tamarind-water, lemonade and sub-acid drinks, with tea made from orange-flowers, and, in the cold stage, a mustard-bath."

Accessory Treatment—The importance of cleanliness in so serious a contagious disease will be apparent. Discharges of the patient, and all soiled articles, should be quickly disinfected and removed, and the air of the apartment kept as fresh and untainted as possible. During the chill, a hot mustard foot-bath, repeated in a short time, if necessary, often gives ease.

Some care must be employed in the use of a purgative, which is seldom indicated on account of the great irritability of the stomach and bowels, and which may be increased to an ungovernable extent by the imprudent administration of a purgative. Should, however, evident accumulations exist in the bowels, a copious injection of warm soapsuds is good to relieve the lower bowel.

During the febrile stage, while the skin is hot and dry, the whole surface of the body should be thoroughly bathed every hour or two with warm, weak lye-water, to which a small portion of whisky has been added, using friction in drying. In many cases, especially when the skin is very hot, frequent bathing of the surface with cold water, or with the above weak lye, cold, will be found more grateful, and more beneficial in abating the fever, than when warm fluids are employed. These bathings should be suspended whenever the fever diminishes, and renewed as soon as it returns.

An infusion of peach-tree bark may be employed to check irritation of the stomach, and warm diaphoretic teas to produce sweating.

Those who live where yellow fever is prevalent, should eat an orange every day, and drink freely of lemonade ; and by all means get plenty of sleep.

Diet—The diet in this stage should be a few water-biscuits, soaked in weak, black tea. In the second stage, rice, milk and arrow-root, may be added to the diet. In the prostration of the third stage, ice-cream or champagne, beef-tea and wine-whey may be necessary.

During the whole course of the fever, the patient must remain in bed, comfortably, but not oppressively, covered. When the heat of the skin is moderated, friction with hot linseed or sweet oil, or with dry mustard is useful.

See, also, the sections on typhoid fever, under which will be found nearly all the information necessary in "*accessory treatment*."

Preventive Treatment—On this subject Prof. King gives the following :

"When this disease is prevalent in a community people should remove at once to a healthy district, if they are able ; if not, they should not expose themselves to the night-air, nor to the early morning-air, and at no time should they venture into the out-door air on an empty stomach, nor when the system is laboring under fatigue or any depressing influence whatever ; sudden changes of temperature should be avoided, as well as intemperance, or other excesses ; exercise should be moderate, and never in the sun ; food should be nourishing and easily digestible, but not stimulating ; bowels and kidneys should be kept regular, but not overtasked ; body should be kept clean by daily bathing ; sleep should be taken in the highest room in the house ; and the house should be thoroughly cleansed from garret to cellar. The clothing should be comfortable, not too warm nor too cool."

We have necessarily been brief in the treatment of this

disease, from the fact that professional aid is always called to patients afflicted with this malady.

ENLARGED SPLEEN, OR AGUE-CAKE.

Causes—This disease may be caused by great muscular exertion, by fever, and also by the malaria, or poison which causes ague. It is quite common in connection with chills and fever.

Symptoms—This disease is characterized by a sharp or chill pain beneath the lower left ribs, with more or less tenderness on external pressure. In some instances there is very little pain, simply a feeling of weight or fullness, which is worse when the patient lies on the affected side. The attack is generally accompanied with chills and fever, and sometimes there are nausea and vomiting, cough, difficulty of breathing and hiccough. The spleen often becomes enlarged so as to be felt beneath the lower left ribs.

Remedies—1. The Indian cup-plant, called, also, ragged-cup and rosin-weed, is a remedy that seldom fails to cure this disease. Dose, a wineglassful two or three times a day.

2. The following is also used for the same purpose, and is regarded as infallible: Tincture of gum-plant (*Grindelia Squarrosa*) and *glycerine*, each, two ounces. Mix. Dose, a teaspoonful, four times a day.

3. The following is a good plaster for this disease: The yolk of two eggs thickened with salt, and applied.

The Bear's Foot (*Polymnia Uvedalia*) is a new remedy for removing enlarged spleen. A strong tincture is made, by adding eight ounces of the bear's foot to one pint of alcohol. Dose, from ten to thirty drops.

Accessory Treatment—Apply Cayenne pepper (*Capsicum Annuum*), mixed and simmered with spirits, to the part.

Should this not relieve the pain and mitigate the symptoms, a mustard-plaster may be applied to the side or over the region of the spleen.

The diet of the patient must be nourishing but easy of digestion, avoiding tea, coffee, milk, alcoholic stimulants, acids and all fats. Ripe fruits and dried fruits, stewed, will be found serviceable. Moderate exercise, regularly taken in the open air, should always be had when the weather will permit; otherwise, it must be pursued within doors. Cold, damp, and sudden exposures, are causes of relapse, to be carefully avoided as much as possible.

The body and limbs should be bathed every day or two with a warm, weak lye-water, and in drying, a coarse towel should be used with friction; a spirit-vapor bath should also be taken every week or two.

AGUE IN THE FACE.

This disease has a common origin with ague in general, though many causes, as cold, damp air, etc., may be sufficient to bring on an attack. The remedies that

may be employed for its removal are the same as those used to cure any other form of ague. Hence, the reader is referred to the general remedies under ague and fever, for the proper treatment of ague in the face.

It is confined mostly to weak, nervous persons, and those of weak and delicate constitutions. It usually affects some one locality or spot of the face or head—most frequently one side of the face—rendering the place extremely sore and sensitive to the touch. A very slight touch, even that of a handkerchief, will often be more painful than a hard pressure of the hand. The skin often becomes red and swollen. The eyes also become weak and watery, sometimes red, and usually very sensitive to light. The pain is also apt to be periodical.

Remedies—A few local remedies, as the following, may be used: If the swelling of the face be very great, apply a lye-poultice. Or, dip a piece of cotton or lint in the *tincture of red pepper* (*Capsicum*), made warm, and place it between the cheek and the teeth. A free discharge of saliva follows, which usually affords immediate relief.

TO REMOVE FRECKLES.

1. Apply to the freckles, twice a day, equal parts of lemon-juice and glycerine; this will remove them in many instances.

2. Another is to take one-half teacupful of rain-water and two teaspoonfuls of powdered borax, and with

this wash the parts twice a day. This is a never-failing remedy for removing freckles of people possessing certain textures of skin.

3. With others, the following is equally as effective: Two teaspoonfuls of lemon-juice, one of powdered borax and one of sugar; mix, and let stand a day or two. Then apply once or twice a day.

4. It is reported, by some medical authors, that the milky juice of the stem of the dandelion will remove freckles. It should be applied twice a day.

FELON, OR WHITLOW (Paronychia).

A felon is an inflammation of the fingers, thumb or hand, exceedingly painful and very much disposed to suppurate or form matter. The toes are also sometimes the seat of the disease. The pain commences deep, with pricking, throbbing and inflammation. It proceeds very slowly to suppuration, and often affects the bone and sinews.

Remedies—1. Take equal parts of brown soap and unslaked lime; mix with whisky until a salve is formed. Bind a large quantity on the felon, and in from eighteen to twenty-four hours it will draw the matter to the surface, when it can be removed.

2. It is unnecessary for any one to have a felon, if the white of an egg and salt be applied in time. They should be mixed and used in the form of a poultice, at the commencement, and they will disperse or “scatter” it.

3. Here is another fine remedy. As soon as the

part begins to swell, apply the tincture of lobelia, and wrap it with a cloth saturated with the tincture, and the felon will soon be dispersed.

4. Take a pint of common wood-ashes, and over them pour one quart of boiling water. Stir it well, and let it stand on the stove for about ten minutes, and when well settled, pour off the clear liquor, and while hot as can be borne, immerse the affected part in it, and keep it there for half an hour or more, and repeat the process every hour until the soreness subsides. If applied in time it will "scatter" the felon.

For ordinary drawing purposes, in place of a poultice, sliced lemon is a very superior article.

5. Wrap the finger with woolen yarn or any other elastic cord, beginning at the end and continuing till past the point where the felon is coming. The string should be wound as tightly as can comfortably be borne. This should be done when the felon first appears, and it is simply an infallible preventive.

6. Place the hand sufficiently deep in a bowl of kerosene oil to completely cover the affected part. It is said that it will almost immediately stop the pain, and that a few applications will kill the felon.

FISTULA IN ANO.

A Fistula in ano is a narrow, pipe-like track, lined by an imperfect mucous membrane, secreting pus, having a narrow, callous opening, situate within a short distance of the verge of the anus.

Causes—The causes of fistula are numerous; such as costiveness and relaxation of the bowels, derangement of the liver and alimentary canal, sedentary habits, high living, plethora, bruises, piles, etc. It is often connected with, and probably produces, a pulmonary disease.

Symptoms—The *fistula in ano* usually commences with swelling near the rectum, attended with great pain, hardness and acute inflammation; the tumor advances slowly to suppuration, and matter is formed.

In some cases, however, the disease proceeds till an opening is formed, with very little pain—so much so, that the patient is ignorant of the time when it formed; but more generally the pain is very severe, swelling great, and suppuration very extensive; and in consequence of the pressure upon the neck of the bladder, or urethra, there is a suppression of urine.

Remedies—The treatment of fistula depends upon the stage in which we are called to prescribe. A very different course is required in a state of inflammation from that of suppuration or abscess. I shall first treat of the means to be employed in its incipient, forming, or inflammatory stage. First, moderate excessive inflammation; second, diminish painful or urgent symptoms; third, promote suppuration, if the swelling cannot be discussed or “scattered;” to accomplish which the *discussant ointment* (the mode of preparing which is found under the head of “Recipes”) may be first applied to the swelling; immediately after which let it be steamed or fomented with *bitter herbs, tansy, wormwood, hoarhound, catnip* and *hops*, a handful of each: add water, and boil until the strength is extracted. Put the whole into a small or suitable-sized vessel, and add about half a pint of soft soap. Place a narrow piece of board over the vessel or tub, and let the patient sit over it fifteen or

twenty minutes, with a blanket thrown around him to retain the steam. The process of steaming must be repeated morning and night, or as often as the pain becomes severe.

This operation in almost every case, immediately relieves the patient; even when the parts are so tender that they cannot bear the weight of the bed-clothes, it so much diminishes the irritability and soreness, that the patient can afterward bear considerable pressure upon the swelling. In a word, it usually affords relief in the most painful stage of the disease; it not only allays the pain, but promotes either resolution or suppuration.

As soon as the patient has been thus steamed, apply a poultice made of equal parts of powdered *linseed* and *elm-bark*, mixed to form a proper consistence; let this be applied tepid; about a tablespoonful of *sweet oil* may be added, which is cooling, emollient, and prevents it from adhering to the skin. It will be necessary to renew this poultice morning and night. I have, in many cases, found a *lye-poultice* excellent, where the other did not agree with the patient. Every time either poultice is applied, let the *discutient ointment* be rubbed on the swelling.

It will be necessary, for the sake of convenience, as well as to secure the dressings, to use a bandage made by passing a piece of linen, of a suitable width, just above the hips, and fastened on the right or left side of the abdomen with tapes or buttons; a piece fastened to this behind, and brought between the legs, and secured to the bandage around the body; likewise in front, or before, in the same manner. This will effectually secure the poultice and the other dressings.

With this treatment the inflammation will gradually subside, and matter or an abscess will form, which is

usually very large and extensive. This may be known by a subsidence of the pain, redness, and the tumor becoming softer, yielding readily upon pressure. Where the patient is willing to wait, let the abscess burst spontaneously or by the aid of the poultice, in which case there appears to be less *callus* or hardness remaining, and the sinus is not so liable to close.

Having, then, arrived at a stage of the disease in which suppuration has taken place, there must be a variation in the treatment. I mean after the matter has been well evacuated from the abscess, and the pain, swelling and inflammatory symptoms have subsided; for, until this has taken place, the same treatment must be continued, especially the *poultice*.

It sometimes happens that even a real, fistulous abscess will heal up after a short time, but generally there remains an indurated tumor, in the center of which there is a small hole, orifice or sinus, from which the matter discharges, and which, extending a greater or less distance from the verge of the anus, communicates with it lower or higher up, or at a greater or less distance from the end of the bowel or anus.

The act of keeping open the fistula may be accomplished by introducing a suitable-sized tent, made of the ravelings of linen or thread; or a piece of twine will answer. It should be made small or pointed at one end, similar to a probe, and drawn through beeswax, or some plaster of a proper consistence, in order to stiffen it; and then it is to be introduced as far up the sinus as possible, and a very small portion left out; after which a little lint should be placed on the end of it, and a plaster of the *black salve* applied. (The mode of preparing this salve is found under the head of "Recipes.") On this a compress should be placed, and secured by the

bandage, as before-mentioned. The tent should be gradually enlarged, to fill the opening. Generally, when first introduced, they are required to be exceedingly small, and can be introduced only a very short distance; but the orifice becomes more open, and in a short time larger ones can be used, and they will penetrate to the whole depth of the ulcer; nor will they excite any pain, as many might suppose; for the matter soon renders them soft after their introduction. It is not sufficient to introduce these *tents* without any application upon them. It is necessary to make use of some stimulating agents; and for this purpose I employ, with decided benefit, an *alkali*, or *preparation of potash*. Let *lye*, made of hickory ashes, be boiled down until it is perfectly dry; then be removed from the vessel, pulverized, and kept from the air. A few grains of this must be put upon the tent every time it is introduced, which should be morning and night. It soon alters the nature of the discharge, rendering it more healthy, the fistula less irritable, and also subdues the inflammatory state of the system. It excites sharp pain for a few minutes; but, instead of operating like common *caustics*, causing greater inflammation, it removes it. The *carbonate of potash* will answer the purpose, but I think does not act so kindly as the preparation just mentioned. In the next place, the syringe must be resorted to, to aid in curing the complaint; and we may commence by injecting into the sinus a solution of the article just named. About one drachm of the *alkali* may be dissolved in eight ounces of rain-water, and injected once a day, the strength of it gradually increased, as the patient can bear it. *Weak lye* answers very well, the strength of which may be gradually increased, as required; there is no danger in using it very concentrated, for the cure is expedited in proportion to

its strength; but we must be governed by the feelings of the patient, which will not permit its being used too strong, as it might cause too much pain. This liquid should be injected once or twice a day. Soon after a fistulous abscess breaks, the parts are too irritable to bear the use of the syringe; a little time should be allowed for the soreness to subside; and I often commence with the use of injections, consisting of *Castile-soap* and *water*. The fistula may be washed twice a day with salt and water. This course must be pursued as long as the fistula continues to grow better; although such is the insidious nature of the complaint, that, after the painful symptoms have subsided, the patient is unable to decide whether he is improving or not, although the callous or hardened edges of the fistula are daily diminishing.

The best and only sure criterion to ascertain whether the morbid or diseased organization has been removed, is the quantity of matter discharged when no dressings are applied; and, therefore, when the fistula becomes *pitted*, or *depressed around the edges*, and the hardness in a measure gone, a trial may be made to heal it by omitting the use of the tents and the syringe. The *plaster* or *salve* should only be applied, which will enable the practitioner to decide whether the discharge arises from the fistula itself, or whether it arises from the stimulating properties of the agents or medicines made use of; for *I may say, in a word, that the principle of cure depends upon the act of making and keeping up a permanent issue or drain upon the fistula, until the morbid nature of it is so destroyed that the edges of the sinus or opening may agglutinate and heal*. In general, however, after these applications have been used a sufficient length of time, the discharge of matter will gradually diminish, and the fistula will close in spite of the stimulus arising from the dressings.

It is always best to wait, before dressing the fistula, till there has been an evacuation from the bowels, provided this generally takes place daily, and in the morning, as the applications are sometimes disturbed by the passages.

The parts should first always be well washed and cleansed with soap and water, to which a little spirits should be added.

It is better for the practitioner to attend personally to the dressings, if practicable, as this will facilitate the cure; but it may be committed to the wife, husband or a friend; and, although a cure is invariably made, yet it is often much more protracted.

In making objections to my practice, some have asked, how can my application be made to a *fistula* when it runs very crooked or obliquely, or perhaps passes off laterally into the flesh? In answer to which I have to observe, that I know not that any such case occurs. At any rate, I have never yet seen a fistula in which I could not introduce the medicine to the very extent or bottom of it, either by the use of the *syringe*, or by some of the other means recommended. But should this not be the case, if the applications do not penetrate to the bottom, provided a cure is performed, the *modus operandi* of the agents employed is of little moment. It is sufficient for us to know that they have the desired effect.

This mode of treating fistula in ano, in particular, has excited much attention, and has induced some physicians who have had the most indubitable evidence of its efficacy and superiority to publish it to the world.

As an alterative remedy for the blood, some practitioners recommend very highly, during the treatment, the free use of centaury plant and burdock-seed, or either one of them, made into a strong decoction.

Accessory Means—The early opening of any swelling which indicates the presence of an abscess in the vicinity of the anus. A poultice before and after the incision may be necessary. Subsequently, frequent washings with tepid water; the sitz-bath and frequent injections of tepid water, afford comfort to the patient, prevent the extension of the disease, and favor a radical cure. Nourishing, digestible diet, abundance of fresh air, and generally good hygienic conditions, are necessary to increase the reparative powers of the system.

“Fissure of the anus is a very troublesome complaint, frequently being very obstinate in its character, and affecting the general health. It may be known by fissures or cracks around the anus, of various lengths, which are very irritable and painful, and discharge a thin fluid. The edges of these cracks gradually become hard. The treatment will be similar to that for fistula in ano; apply fomentations to relieve the tenderness of the part, after which sprinkle the vegetable caustic along the cracks, and cover with an ointment spread on lint, made of extract of belladonna one drachm, rubbed well with melted spermaceti, seven drachms.”—[*Prof. King*.

PROLAPSUS ANI—FALLING OF THE BOWEL.

This is a protrusion of the mucous lining of the rectum through the anal orifice, after the action of the bowel, which goes back of itself, or is easily replaced. In severe

cases, the protrusion takes place from walking, riding or even too long standing, and can only be replaced with difficulty. In complicated cases, a portion of the muscular structures of the rectum is protruded with the mucous membrane.

Causes—Long-continued constipation or diarrhea; purgatives; straining excited by the irritation of worms, or of stone in the bladder; laxity and delicacy of constitution. Although not confined to them, it is most frequent in children.

Treatment—To return the protruded portion of the mucous membrane, let the child lie on his face, with the hips elevated higher than the shoulders, oil a soft piece of muslin three or four inches square with sweet oil, cream or lard, place it over the protruded part, hold it lightly but smoothly over the tumor with the fingers of one hand, and pass the forefinger of the other hand directly into the centre of the tumor, in the direction of the anus, carrying the muslin before the finger through the anus, until the entire protruded part has been returned; then hold the finger there for a moment or two, and afterward gently withdraw it, together with the muslin. Sometimes simply pressing the flesh on each side, over the tumor, with the hips elevated, will cause the bowel to return; this can be tried first. Patients who are much troubled with this difficulty, should be required to have their evacuations in a position half-way between sitting and standing, and should avoid straining.

There are cases, when these protruded parts, or tumors, are too much swollen, or too tender to be handled for the purpose of returning them. In such cases, no farther attempts must be made until means have been made use of to reduce the inflammation. Astringent washes may first be tried, if the pain and swelling be not too great. Take

white-oak bark, bruise and make a strong decoction, and to every pint add a teaspoonful of pulverized alum; let the part be frequently washed with this.

After these have been applied, should it still continue irreducible, apply the *slippery-elm bark* poultice, to be secured by a bandage. This will soon lessen the inflammation so that the intestine can be replaced.

If it proceeds from a relaxed state of the bowels, medicines must be given for that complaint. The diet should be such as to keep the bowels in a soluble state, as rye or brown bread, mush or hasty pudding and molasses.

In managing difficulties of this kind, be careful that some ignorant pretender does not—as has happened—apply the ligature or the knife, and cut off the tumor, instead of returning it into the body.

The treatment, in order to cure the difficulty, must consist mainly of astringent applications and injections.

Therefore, after returning the bowel, inject into the rectum a strong decoction of oak-bark or geranium-root, and then apply a compress, first wetting it also with the decoction, and have the injection retained as long as it can be borne. Powdered alum may be dissolved in the decoction, a tablespoonful to a pint of the liquid; and in case of much soreness or any ulceration, a teaspoonful of *copperas*. Cold water injections occasionally, will also be good, if there is inflammation.

Care should be exercised to keep the bowels relaxed by proper food, fruit, etc., and by careful attention at the time of having an operation of the bowels. In severe cases, it becomes necessary to retain the bowel in place by a pad or compress, held on by a bandage.

ACHING AND SORENESS OF THE FEET—EXHAUSTION OF THE MUSCLES.

Remedies—If the feet be swollen or blistered, or the ankles ache after walking, a warm foot-bath may be used, to which a teaspoonful of the strong tincture of *arnica* has been added; the relief afforded is often immediate and permanent. If the hands or wrists ache from excessive or unaccustomed exertion, they may be bathed in about a pint of water to which twenty or thirty drops of *arnica* have been added. If necessary, in one or two hours the application may be repeated. In muscular fatigue from long-continued or severe exertion, affecting the hips, thighs, etc., a hip-bath, to which a drachm of the strong tincture of *arnica* has been added, is an excellent remedy. Whatever kind of bath is used, and to whatever part applied, it should be *warm* if used in the evening or soon after exertion, but *cold* or *tepid* in the morning.

If at any time the *arnica* cannot be had, use the water alone, for it is excellent. Salt and water are used with much advantage to the feet after long walking.

When suffering from fatigue, a light repast only should be taken; a full heavy meal might occasion serious embarrassment to the digestive organs, as they equally suffer from the general weariness.

Wet Feet—When the feet become casually wet, the shoes and stockings should be at once removed, the feet bathed in tepid water, and thoroughly dried by considerable friction with a coarse towel. This will prevent colds, coughs and often more serious diseases.

Blistered Feet—Frequent application of water is excellent in these difficulties; and, as for medical applications, there is, perhaps, nothing better than the following: Take of Burgundy pitch, two ounces; beeswax, half

an ounce; olive oil, a tablespoonful; melt together and strain. This, applied to the soles of the feet, affords prompt and permanent relief.

To Prevent the Ill Effects of Fatigue—This is accomplished by the simple application of very warm water.

PERSPIRATION OF THE FEET.

Remedies—Washing the feet, once a day in alum-water will, in many cases, effectually cure their excessive perspiration. When they perspire profusely during the day, the stockings or socks should be removed several times a day, and dry ones put on. This practice will conduce more to health than might generally be anticipated.

TENDER FEET AND OFFENSIVE ODOR.

Remedies—Washing the feet in alum-water will harden them. It tends, also, to remove the offensive odor to which some feet are subject. Or, wash them in a strong decoction of oak-bark. It will have the effect to remove the cause that produces the bad odor, and also to harden

the soles of the feet. Simply bathing the feet once a day in pure water is another admirable means for the same purpose, and should be done in such cases every day, for the promotion of health, if there should be no other inducement.

Persons subject to fetid perspiration from the feet, will derive great relief from the use of a moderately strong solution of common soda, as a bath, frequently. Where a genial glow of warmth does not promptly follow the bath and friction in any case, a little bay-rum or whisky should be applied, and the friction continued until the effect is produced.

Cold Feet—The majority of people pay little attention to the cleanliness of the feet, and yet any square inch of the sole of the foot demands cleanliness, perfect cleanliness, more than any square foot of surface of the body, as far as health is concerned, because the “pores” are much larger there than anywhere else; so large, indeed, that they may be called “sluices” for carrying away the impurities of the system. Hence the bottom of the feet should be well washed and well rubbed every day.—[*Hall*.

GRAVEL—STONE IN THE BLADDER.

Causes—The materials which form gravel and stone are undoubtedly contained in what we eat and drink. They contain sand enough, either in a native state or combined in other substances, to form those hard and gritty bodies which we call gravel or stone. When the

system is healthy, these ingredients are carried off by the proper secretions of the body ; but when there is debility of any organ, more especially of the kidneys, they become incapable of expelling such sandy substances, and these consequently lodge in the kidneys, urinary passages or bladder. They generally pass off without occasioning much disturbance or disease ; but when there is an excess of urine or other acid these particles unite chemically until they form a stone. This stone, if deposited in the kidneys or urinary passages, may give rise to inflammation of these organs ; or, if lodged in the bladder, it may occasion all the symptoms of stone.

Symptoms—A fine gravel is sometimes discharged with the urine, causing much pain and irritation, and earthy substances not unfrequently form in the kidneys, from the urine, pass to the bladder, and are either discharged in the urine, or remain to become the nucleus of stone. Sometimes, before the stone leaves the kidneys, it becomes too large to pass easily to the bladder, and if it is rough, its passage causes great irritation and the most terrible spasmodic pains. The attack usually begins suddenly, and during apparent health. A severe pain is felt in the region of the kidney, shooting to the groin, testicle or thigh, and extending down the abdomen, from the kidney to the bladder, in the direction of the passage. Sometimes, the greatest pain is felt about the hip. It comes in severe paroxysms, is often accompanied by nausea and vomiting, and sometimes by a small and feeble pulse, pale complexion and profuse sweat. Frequent inclination to pass urine, is another symptom which is commonly present. The patient often changes his position, without obtaining the relief which he wishes. Finally, the stones passes into the bladder, and he feels immediate relief. The symptoms return, of course, as often as a

stone passes from the kidneys to the bladder; or they may abate for some time, before the stone has passed, and return again.

Remedies—1. The common garden-beet is an infallible remedy in almost any form of this disease. It should be prepared as follows: Boil a quantity, as if preparing them for the table; then boil the juice to nearly a syrup. Of this, drink from one-half to a teacupful, three times a day. The worst cases have been cured by this remedy, when all other means had failed. It possesses the power of dissolving stone in the bladder.

2. To one quart of soft water, add three teaspoonfuls of powdered borax, and six teaspoonfuls of cream of tartar; when dissolved, give from two to three tablespoonfuls, four or five times a day. This remedy has cured very grave cases of gravel in a few days, that had resisted medical treatment for months.

3. Prepare and take, three times a day, an infusion of *bird-knot grass*, in doses of three or four tablespoonfuls. This was a favorite remedy with the celebrated Dr. Warren, who regarded it as a sure cure for the different forms of this disease, and who states that he has cured a large number of cases with it.

4. Goose-grass, or cleavers (*Galium Aparine*), is said to be a solvent of stone in the bladder. It should be prepared by infusing the leaves slowly for two or three hours, in hot (but not boiling) water. Dose, half a teacupful three times a day.

5. The juice of red onions is said also to be a cure for this disease. Half a teacupful is to be drunk morning and evening, for four or five days.

Accessory Treatment—For spasms, or severe paroxysms of pain, caused by the passage of stone or gravel from the kidneys to the bladder, if convenient, put the

patient into a warm bath; if not, wring a sheet out of warm water and wrap it around the body, from below the arms to the hips, and put over the sheet dry flannel; wet the sheet often. If this does not afford relief, and the patient is an adult and the pains severe, give twenty-five drops of laudanum or one-sixth of a grain of morphine, and repeat at the end of an hour, if there is no relief. A third may be given, if necessary, at the end of two hours. Remedies may sometimes relieve, but not often; or the stone may pass, and relief follow. Keep watch of the urine for the stone, as it is important that it should pass as soon as possible after entering the bladder, or it may become a gathering point for stone. If it fails to pass, the patient should drink freely of slippery-elm tea or gum-Arabic water, retain the urine until the bladder is distended, and then pass it in a full stream, while standing, with the legs apart and the body bending forward, which helps the passage. The pain is caused by the stoppage of the urine, while the stone is passing.

Uric-Acid Gravel—This form of gravel is frequently characterized by uric acid being passed in the urine, in the shape of fine sand, and sometimes, even, in large crystals. The urine of the person is highly colored after it becomes cool; somewhat of the color of brown sherry. There will be found, in it, red, yellow or dirty-white deposits, which adhere to the sides of the vessel. Take, of dwarf-elder bark, marshmallow root, trailing arbutus, and queen-of-the-meadow root, each, one ounce. Put them in a quart of boiling water. Then add two pints of good Holland gin; steep them in a closely-covered vessel, for four hours, over a gentle fire; strain, and sweeten to the taste with honey. Dose, a wineglassful three times a day, until a complete cure is effected. This

is, doubtless, one of the best remedies yet offered to the public, for the cure of this kind of gravel.

In fits of gravel in the kidneys, in which there is no stone in the bladder, the following will generally be effective: Put one pound of quicklime in one and a half gallons of water; of this, drink from one and a half to two pints during the day. After using this water, nearly the same amount of water may be added a second time to the lime, without renewing it.

GIDDINESS—DIZZINESS (Vertigo).

Symptoms—The patient is suddenly seized with a sense of swimming in the head; everything appears to him to turn round; he staggers, and is in danger of falling down. This complaint is attended with very little danger where it arises from hysterics, or any nervous disorder; but when it arises from plethora, or an unnatural quantity of blood in the head, there is danger of apoplexy.

This complaint often proceeds from difficult or obstructed menstruation.

Treatment—It will be necessary, first, to ascertain the cause of the complaint. If it is symptomatic of some other disorder, that must first be removed, in order to cure it. If it comes from dyspepsia, eat lightly; if from costiveness, use coarse food and fruits. (See “Costiveness.”) Avoid coffee, ardent spirits and late suppers,

and take much exercise. Keep the feet warm, and the head cool.

GOITER, OR SWELLED NECK.

A tumor on the fore-part of the neck, formed by an enlargement of the thyroid gland. The progress of the swelling is extremely gradual, and, in general, the skin long retains its natural appearance. It is at first soft; but as it advances in size it acquires a great degree of hardness; the face is subject to frequent flushing; the patient complains of frequent headaches, and likewise of pains shooting through the body of the tumor. It is often accompanied with hysteric affections.

Causes—The inhabitants of Derbyshire, and other mountainous parts of England, and those of the Alps and adjacent mountains on the continent, are peculiarly subject to this disorder. Among the latter it is known by the name of *goitre*, and its origin is ascribed to the use of snow-water. It is considered a scrofulous affection of the gland.

Remedies—1. The seeds of the common nettle are a sovereign remedy, and will cure almost any case of goiter. Dose, from twelve to fifteen seeds, three times a day.

2. There has recently been reported, a number of cases of this disease, cured by means of mechanical pressure. For this purpose an elastic band, or rubber, of from one and a half to two and a half inches in width, is passed around the neck and over the swelling, and gradually

tightened, but only to a degree that will neither render it uncomfortable nor cause any fullness of the head.

3. “Collodion,” says a recent medical writer, “is the best remedy ever used for ‘big-neck,’ or goiter. It should be freely applied to the part, and the skin kept completely under its action. It cures mainly by the pressure it produces upon the tumor.”

Formerly, burnt sponge was administered internally for the cure of big-neck. It has been satisfactorily ascertained, however, that the only virtue in the sponge consists in the iodine which it contains, and latterly this remedy has been mainly relied upon for removing *goiter*. It is used externally. It is best to begin with the ordinary *tincture of iodine* of the shops, which may be painted over all the enlarged surface with a small brush or sponge—applied twice a day; continue until the surface becomes tender or blistered, when the tincture should be laid aside for an *ointment of iodine*, slightly weaker than such as is prepared in the shops; this may be prepared by adding one pint of sweet lard to two pints of ointment of iodine, full strength. The ointment in this strength should be rubbed in twice a day. In the meantime, a removal to a dry, bracing atmosphere, and the use of pure water will contribute to the cure.—[*Dr. Howard*.

GOUT.

Causes—There is no disease which shows the imperfection of medicine, or sets the advantages of temperance and exercise in a stronger light than this. Few who pay a proper regard to these are troubled with the gout. This points out the true source from whence that malady originally sprang, viz., *excess* and *idleness*. It likewise shows us that the only safe and efficacious method of cure, or rather

of prevention, must depend, not upon medicine, but on *temperance and activity*.

Though idleness and intemperance are the principal causes of the gout, yet many other things may contribute to bring on the disorder in those who are not, and to induce a paroxysm in those who are subject to it, as intense study, too free a use of acid liquors, night-watching, grief or uneasiness of mind, an obstruction or defect of any of the customary discharges, as the menses, sweating of the feet, perspiration, etc.

Symptoms—A fit of the gout is generally preceded by indigestion, drowsiness, wind, a slight headache, sickness, and sometimes vomiting. The patient complains of weariness and dejection of spirits, and has often a pain in the limbs, with a sensation as if wind or cold water were passing down the thigh. The appetite is often remarkably keen a day or two before the fit, and there is a slight pain in passing urine, and sometimes an involuntary shedding of tears.

The regular gout generally makes its attack in the spring or beginning of winter, in the following manner: About two or three in the morning, the patient is seized with a pain in his great toe, sometimes in the heel, and at other times in the ankle or calf of the leg. This pain is accompanied with a sensation as if cold water were poured upon the part, which is succeeded by a shivering, with some degree of fever. Afterwards the pain increases, and fixing among the small bones of the foot, the patient feels all the different kinds of torture, as if the part were stretched, burnt, squeezed, gnawed, or torn in pieces, etc. The part at length becomes so exquisitely sensitive that the patient cannot bear to have it touched, or even suffer any person to walk across the room.

The patient is generally in exquisite torture for twenty-

four hours from the time of the coming on of the fit; he then becomes easier, the part begins to swell, appears red, and is covered with a little moisture. Towards morning he drops asleep, and generally falls into a gentle, breathing sweat. This terminates the first paroxysm, a number of which constitutes a fit of the gout; which is longer or shorter, according to the patient's age, strength, the season of the year, and the disposition of the body to this disease.

The patient is always worse towards night and easier in the morning. The paroxysms, however, generally grow milder every day, till at length the disease is carried off by perspiration, by the urine and the other evacuations. In some patients, this happens in a few days; in others, it requires weeks; in some, months to finish the attack.

Remedies—For temporary relief in an attack of gout, there is perhaps nothing better than bathing, or holding the part affected in cold water. Warm water, in which there is dissolved a quantity of saleratus, is also highly recommended. In some cases salt and water may be used, and are very beneficial. When bathing does not effect the purpose and satisfy the patient, a poultice of jimson-leaves, bruised and simmered awhile in weak lye and thickened with wheat-bran or powdered elm-bark, and applied warm, answers an excellent purpose. The principal thing to be done to effect a cure, is to change the diet, take plenty of vigorous exercise and abstain from all spirituous liquors.

Coffee has recently been recommended for gout. Dr. Deveran says he had gout for twenty-five years, and coffee cured him.

Should the pain, swelling and heat be great, the foot

or part affected may be steamed over bitter herbs. This generally affords the most sudden relief.

Colchicum—This remedy bears a Homœopathic relation to gout, and is best administered in comparatively large and frequently repeated doses, as follows: Twenty drops of the strong tincture to a tumblerful of water, giving a dessertspoonful every twenty, thirty or sixty minutes, according to the intensity of the pain, and until it subsides. *Colchicum* is a drug used both in the new and in the old school of medicine, with this difference: that all the good effects of the remedy are secured by the small doses of the former, without any of the injury the large doses of the latter entail. The following extracts from an author of each school will be read with interest: There is one drug which has an undoubted influence in controlling gouty inflammation, and its action in articular gout (gout of the joints) appears as marked as that of *cinchona bark* in the cure of ague; this remedy is *colchicum*.

Colchicum, as before stated, has a direct, controlling power over the joint-disease, and I cannot call to mind a single instance in which its influence was not well marked.

In adopting this as the remedy for the gouty paroxysms, Homœopathy may do something towards removing those inconveniences which beset its administration in the old school. Probably all the bad effects which result from Allopathic doses may be averted by a reduction of the dose. Should the pain recur in the same, or attack other joints, *colchicum* should be resumed.

Accessory Measures—During an attack of gout, the affected limb should be raised, so as to favor the free return of blood to the heart; the application of flannels wrung out of hot water, hot bread-and-water poultices,

after immersion in hot water, often do good ; or the *acetic-acid lotion*, before recommended, may be used. In acute attacks the patient should be restricted to farinaceous diet—arrow-root, tapioca, sago, bread, etc., and milk ; water, or toast-and-water, *ad libitum*. As the fever-symptoms decline, a more generous diet may be gradually allowed ; at the same time the patient should resume daily, moderate, out-of-door exercise as early as he is able.

Healthy action of the skin should be promoted by bathing, warm clothing, bath-brushes, etc., for much excrementitious matter is got rid of in this manner. Friction over the whole surface of the body is extremely useful when exercise cannot be taken. The patient should be well rubbed, with a flesh-brush or with the hands, twice a day.

CHRONIC GOUT.

This is a persistent constitutional affection, characterized by stiffness and swelling of various joints, with deposits of urate of soda.

Symptoms—The deposits in the joints constitute the distinguishing feature ; chronic stiffness and swelling of various joints, with pain are considered as cases of chronic rheumatism or gout.

Treatment of Gouty Deposits—The following simple method Dr. Broadbent has found effectual : Wrap the hands in linen or flannel dripping with water, warm or cold, and enclose them in a water-proof bag all night. This very speedily removes inflammatory stiffness, and,

little by little, the concretions of urate of soda soften, frequently disappearing entirely. Dr. Broadbent has, in other cases, applied alkaline solutions, and water acidulated with nitric acid to one hand, while water alone has been applied to the other, and has come to the conclusion that water is the agent in the process of removal. Urate of soda is soluble in a sufficient quantity of water. When once deposited round the joints it is extra-vascular, and not readily acted on through the blood, but water being absorbed by the skin effects its solution, when dissolved it is carried away.

GANGLION, OR WEEPING SINEW.

A ganglion is a small swelling, composed of toughish sacs, formed on one or more of the tendons of the back of the wrists, rarely larger than a child's marble, generally smaller, attended with weakness, but free from pain.

Causes—Excessive action of the tendon, or of the extensor muscle leading to the tendon to which the ganglion is attached. Mr. Skey states that he has treated many cases in the persons of violin-players, in whom the malady has been confined to the left hand, the right, or bow-hand, being free; he states also that ganglions are often seen in pianists who practice many hours daily. But they are not confined exclusively to this class of persons.

Remedies—The best plan is to adapt and bind a piece of lead upon the tumor, so as to make firm and continued compression. This may be aided by stimulating

liniments, being careful not to produce too much irritation in the tumor. Sometimes this difficulty has been cured by painting the tumor with tincture of iodine, twice a day, and covering it with oiled silk, and then firmly compressing it with a bandage. It usually requires several months to effect a cure. In those cases where the above means fails, after having been perseveringly tried, it will need the aid of the surgeon to remove the swelling by the knife.

An English author says that the method he recommends to be first adopted, is the internal and external use of benzoic acid. Dissolve half a teaspoonful in a pint of water, and take a tablespoonful of this three times a day. For external use, take benzoic acid, five grains; glycerine-cerate, one ounce. This is to be well rubbed into the part, morning and night.

GLEET, GONORRHEA (Clap).

This is inflammation of the urethra, or external urinary passage, and is generally occasioned by an impure connection; although a disease of a similar character may arise from having connection with a healthy woman during menstruation; and it is sometimes produced by leucorrhœa in the female. Where the disease is contagious, the symptoms follow exposure in from two or three days, to as many weeks, though in most instances the time is about one week.

Symptoms.—The first sign is a tickling or itching

sensation at the mouth of the urinary passage, soon followed by a frequent inclination to make water. In a short time, swelling and redness appear, and the passage of urine becomes painful. As the case progresses, a yellowish-white discharge appears, becomes sometimes greenish or bloody, and often quite copious. Severe scalding or burning pains attend the passage of the urine, which is scanty, and comes in a small stream. The inflammation ascends the urethra, and sometimes reaches the bladder. The passage is swollen and feels hard, and the patient is sometimes troubled, especially at night, with painful erections; the organ being prevented from becoming entirely erect by the inflammation. More or less headache, fever and restlessness generally attend the disease.

Under good treatment, the acute symptoms usually begin to abate in a few days; though they may last a week or ten days, if proper care is not used. It is often cured in from a few days to six weeks; but in scrofulous constitutions, or where it has been improperly treated, the discharge becomes chronic, and is called gleet. Sometimes the testicles become swollen and inflamed, and the passages closed; the case is then serious.

Females do not suffer, as a rule, as severely as males, though, should the inflammation extend up the vagina to the uterus, or womb, it may be very severe.

Preparatory Treatment—Sexual intercourse should never be indulged until the patient is entirely cured. He should use no animal food, alcoholic or fermented liquors, coffee, green tea, spices, or other stimulating condiments; and the stiller he keeps the more certain will be the cure; as exercise aggravates the disease.

In the beginning, wrap the penis in a cotton or linen cloth, wrung out of cold water, surrounding the wet

cloth with several thicknesses of dry flannel: wet the cloth, at least, every five or six hours. If the symptoms do not improve, at the end of five or six days, use warm instead of cold water, and change oftener—at least once every hour, and oftener is better.

Remedies—1. Take a piece of saltpetre, of the size of an ordinary white bean (three or four grains), dissolve in two tablespoonfuls of water, and take at a dose, repeating it three times daily. Recent cases will be cured in a week; old cases, in two or three weeks. This simple but effective remedy was first introduced to the medical profession by Dr. Henry, of London, and has since been used with great success, in the cure of this disease.

2. The following remedy will radically cure any case of gonorrhea, not complicated with syphilis, or pox. It is the Indian hemp (*Cannabis Sativa*). It can be procured at the drug-stores. Begin with five drops of the tincture, night and morning, and, in severe cases, or in those that have been mismanaged, this dose may be gradually increased to fifteen drops, night and morning.

3. Of the fluid extract of yerba reuma (*Frankenia Grandifolia*), take four tablespoonfuls, and the same amount of water. Mix. Inject into the penis, with a syringe, a teaspoonful of this mixture, three or four times a day, and at the same time, let the patient grasp the head of the organ between the thumb and finger, so as to hold the injected liquid within the penis, for two or three minutes. In case of a female, she should use a tablespoonful of the injection, the parts being previously well cleansed with warm water, by means of a syringe, in order to free them from all discharges. This remedy is effectual in any stage of the disease.

There are, indeed, but few cases of gonorrhea which this new remedy, the yerba reuma, will fail to cure. In fact, so potent is its control of this disease that a professor in the California Medical College, in speaking of it, says, "It will cure ninety-nine cases in a hundred, if perseveringly used."

4. Swamp milk-weed (*Asclepias Incarnata*) is also used successfully by many practitioners. It grows in damp soils, throughout the United States, bearing red flowers, from June to August. When the plant is wounded, it pours out a milky juice. It is also known by the names, white Indian-hemp, swamp silk-weed, etc. The dose of the tincture is two teaspoonfuls, three times a day, before each meal.

5. In the report of the medical statistics of the United States Army, Assistant Surgeon Hammond, in his report on the diseases of Socorro, New Mexico, mentions a new remedy for gonorrhea—the *Exhedra Occidentalis*—called by the natives *popilote*. Take two ounces of the branches, cut into small pieces, and simmer in a pint of hot water, in a close vessel for two hours, and then strain. A pint of the infusion may be drunk during the day. It acts with surprising promptness, and is an efficient and valuable medicine. The shrub is an evergreen, and grows in great profusion throughout the country.

The foregoing are some of the best remedies, in the domain of medical therapeutics, for the cure of this malady. With these, any one may successfully combat this disease, without the aid of a physician.

Should, however, any person be so situated, at any time, that he cannot readily obtain these remedies, the following are often very effective:

6. Drink freely of a strong tea, made of the tops and roots of the malva, or cheese-weed, three or four times a

day. This is said to be a great remedy among the Spanish people for the cure of this disease.

7. Take five-drop doses of a strong tincture of golden seal, three times a day. It is also used as an injection. Or, a strong decoction of the root may be used in place of the tincture.

This remedy is effective in the first stages of this disease.

8. The celebrated Dr. Peterson's prescription is the following:

Liquid chloride of zinc, from twenty-four to thirty-six drops; soft water, eight tablespoonfuls. Two injections a day will generally be sufficient to effect a radical cure of gonorrhea; the first injections are almost always followed by more or less swelling of the head of the penis, but this should not prevent the patient from continuing their use.

Chordee and Scalding of the Urine—These are often accompanying and very distressing affections. For their relief or mitigation, the patient should use, in connection with the above remedies, the tincture of Spanish flies (*Cantharides*) in doses of one drop in a teaspoonful of water, three or four times a day. At the same time the diseased organ should be frequently bathed in cold or warm water. Sometimes the one, and sometimes the other, will be most effective in relieving the painful erections and chordee.

In the treatment of gonorrhea with *any* remedies, it is to be particularly noted, and carefully remembered, that, unless the directions given under "*Preparatory Treatment*," mentioned above, are strictly complied with and diligently carried out, a cure is not and cannot be guaranteed. Cases have been known in which a cure had been almost effected, when a single cup of coffee, un-

wisely taken, brought on a return of the discharge, and the other symptoms were as severe as at the first.

Dr. Thomas Evans, of London, uses very frequent and very weak injections of the sulphate of zinc, one grain to the ounce (two tablespoonfuls) of water, to be still further reduced if pain is felt. They are simple, but efficacious. He repeats them every half-hour during the day. Slight cases are cured in twenty-four hours; severe cases in three or four days.

Alum-injections are exclusively used by Dr. H. Col-
lis in all stages of gonorrhea. "In the most acute form, the patient," he says, "is directed to pour a small jug of cold water on the organ, and immediately inject a syringeful of alum-solution, one-half grain to an ounce of water (two tablespoonfuls). The first day, the injection is to be repeated every half-hour; at night, as often as the patient wakes. In old cases, the injection may be increased to one drachm of alum in eight ounces (half a pint) of water, three or four times a day."

It will be a satisfaction to the unfortunate victims of this malady to know that there are simple remedies, such as the above, that will cure this disease in from one to four days, in the cases of females as well males.

Prevention of the Disease — There are various measures that have been devised to prevent this disease, the chief of which are the following: Before the sexual act apply sweet oil thoroughly to the parts. If, at the same time, a small portion of it be injected into the penis, there will not be the slightest danger of contracting the disease, provided the parts are well washed with soap and water immediately afterwards.

The following are also very effective, for the same purpose: Use a wash of whisky or brandy, or a mixture

of vinegar and water. In the absence of these, washing with soap and water is ordinarily efficacious.

Or, wash with strong alum-water, and on the following morning take two or three drops of turpentine.

When traveling, never sit on a privy-seat so as to allow it to come in contact with the skin. Spread a paper over it, by all means: If you have no paper use your handkerchief, and afterwards burn it.

Sometimes matter forms in the eyes, and a handkerchief is used; that handkerchief can impart the disease to the eyes of another, or to a chapped lip; sometimes the scalp is affected with ulcerous formations of the same kind; hence, never touch the handkerchief or comb or hairbrush of a stranger, any more than you would touch a carrion.

Hence, also, the keepers of all good hotels never put a guest in a bed on sheets which have been used by another; for this, and other reasons, good housekeepers are very careful to have the sheets washed, even after a single night's use by a guest; by some, however, it is not thought necessary to have sheets washed oftener than once a month; and a dozen persons in succession may sleep on them; hence, such hospitality does not cost much trouble.

Hints to Wives—It may not be inappropriate here, to mention the fact, in the language of Dr. Hall, that, "When husbands are driven, as they sometimes are, by trifling excuses on the part of the wife, to obtain supplies elsewhere, these abominations may be brought home to them, and are brought home to them in multitudes of instances, to be infected themselves, and to have those infected with the degrading taint of blood, who are born to them. A city physician has reason to believe, that three divorces out of four, of this character, can be

traced to the fault of the wife; she pleads her husband's infidelity; the courts release her, for they look at the husband's dereliction, and are not authorized to go farther back and inquire what led him to infidelity to the marriage-vow; if they did, they would find it in the conduct of a petted, spoiled, childish wife, taking her little revenges in interposing obstacles to accommodations, in spite sometimes, in mere waywardness often. In other cases, where the husband is too honorable, too high-minded to commit a wrong himself because one has been committed by another, he may hold fast his integrity, notwithstanding the deleterious effects, but the charm is broken, the sun has gone behind a cloud, and happiness never dwells again in that household. These are suggestions not only for wives, but for mothers, to be made use of at a proper time, and thus enable their daughters to escape, and escape easily, the early stranding of the domestic ship." See page 462, vol. ii.

GUM-BOIL (Abscessus Alveolaris).

This is a small abscess commencing in the socket of a tooth, and bursting through the gum or even through the cheek.

Causes—Usually, the irritation from a decayed tooth. A cold may excite inflammation of the covering of the teeth, the diseased products of which are thus discharged.

Symptoms—Pain in a tooth, spreading over a por-

tion of the jaw, with heat, throbbing, swelling, and the formation of an abscess. This may heal by resolution; or it may burst into the mouth, or even penetrate the cheek. The sufferings are sometimes great, worse at night, and incessant till swelling has taken place, when they usually abate. There is frequently some fever.

Accessory Treatment—The application of a roasted fig, as hot as can be borne, to the inflamed gum, will speedily give relief. If the swelling be very extensive, and there are signs of the abscess coming through the cheek, a poultice of linseed-meal should be applied till suppuration is established, and continued for a short time afterwards. In some cases prompt relief may be obtained by lancing the swelling as soon as its existence is ascertained. Extraction of the decayed tooth is often necessary.

HICCOUGH (Singultus).

The hiccough is a spasmodic or convulsive affection of the stomach and midriff, arising from any cause that irritates their nervous fibres.

It may proceed from excess in eating or drinking; from a hurt of the stomach; poisons; inflammations or hard tumors of the stomach, intestines, bladder, midriff, or the rest of the viscera. In gangrenes, acute and malignant fevers, a hiccough is often the forerunner of death.

Remedies—1. A little sweetened spirits of camphor will generally remove this difficulty. Often a drink of

cold water or a glass of cold soda-water, or ice-cream, will accomplish the same purpose.

2. It may be relieved generally by a sudden fright or surprise, or any sudden application of cold; also by drinking cold water slowly, eating a small piece of ice, taking a pinch of snuff, or anything that excites coughing. Or, take one teaspoonful of common vinegar.

3. When it is caused by a sour stomach, lime-water, in wineglassful-doses, or soda, or magnesia, will control most cases. There are cases though, in which almost every means fails, and one trial after another will have to be made in order to suppress it. In low forms of fever, it is a bad symptom, and must be looked upon with dread.

The simplest remedy for hiccoughs in infants, is to apply the child to the breast for a few moments. If this does not stop them a little anise-seed tea will usually cure

SICK HEADACHE.

This has received its name from the constant nausea, or sickness of the stomach, which attends the pain in the head.

Symptoms—This headache is apt to begin in the morning, on waking from a deep sleep, or after sleeping in a close room, and when some irregularity of diet has been committed on the several preceding days. At first there is an oppressive feeling in the head, which gradually increases into a severe, heavy pain in the temples, frequently attended by a sense of fullness and tenderness

in one eye, and extending across the forehead. There is apt to be an unpleasant taste in the mouth, offensive breath and the tongue covered with a yellowish-white fur, accompanied with nausea and vomiting. Attacks of sick headache may occur every few days, or at much longer intervals. In case of females, it frequently occurs at the menstrual epoch, or period, and sometimes accompanies menstrual irregularities.

Causes—This disease is frequently occasioned by deranged or unhealthy conditions of the stomach or liver, brought on by excessive eating, drinking, debaucheries, etc. There are various forms of headache which are only symptoms of other diseases. In these cases, therefore, the proper method to be pursued, is first to remove them. When this is accomplished the headache will cease.

Remedies—1. In this disease, if the tongue be coated white, begin the treatment by adding one-half teaspoonful of cooking-soda to a tumbler of cold water, and when dissolved, drink one-fourth of it every hour until it is all taken. Or, taking one teaspoonful of powdered charcoal, every two hours, will answer the same purpose, and often a better one than the soda. This will overcome the acidity, and prepare the stomach for curative treatment. After two doses of either of the above have been taken, take one-half teaspoonful of guarana, in a little water, every hour, until two or three doses have been taken. The first dose often stops the headache in thirty minutes; after which about one-fourth of a teaspoonful should be taken once, daily, for two or three weeks, to prevent a return; and if, during the time, the tongue becomes coated white, the soda or charcoal should be taken once a day until it is changed.

This is a new remedy for this disease and may be procured at almost all drug-stores.

The elixir is more pleasant to take than that in the form

of a powder. Dose, half a teaspoonful or over every hour, until three or four doses are taken, after which take it once a day.

This is a sure remedy for almost *any case* of sick headache. This disease was formerly considered incurable in most instances, but now, with this new remedy, one may expect a cure.

2. When there are strong symptoms of sick headache, commence drinking *lemon-water*, prepared in the following manner: To two gills of tepid water, add one teaspoonful of the oil or juice of lemon, and drink this quantity every fifteen minutes, for one hour. Persons of strong constitution may add more of the acid, or drink half as much more water. This will produce a very salutary effect, and check the attack, or relieve it very materially.

More than one-fourth of the female portion of mankind have experienced sick headache, in a greater or less degree, ever since saleratus was introduced and used as an ingredient in the making of bread and pastries. Therefore, the more nearly it is dispensed with, the less of this affection there will be, as well as some other maladies.

3. When headache results from food taken, a draught of warm chamomile-tea, will generally afford relief. If the sickness continue, soda and water, with a little ginger, may do well, or a mustard-poultice upon the stomach may be required.

4. When there is acidity of the stomach, two teaspoonfuls of finely powdered charcoal, in one-half a tea-cupful of water, will generally relieve in a very short time.

5. Some forms of headache are readily cured by the magnetic powers of another person, or by certain manipulations with which most people are familiar, namely, both of the hands are to be placed on the head of the patient,

then carry them down to the shoulders, slanting them away from the body; then, on returning them to the top of the head, let them pass at a greater distance from the body than when they passed down, and successively repeat for a short time. Toothache has also been cured in the same way.

6. Another very excellent means of relieving the head is to plunge the feet into a bath of hot water, into which a quantity of mustard or ashes has been thrown, and retain them there for twenty or thirty minutes.

7. Drink from one-third to one-half a teacupful of hot water—hot as can be borne—every twenty or twenty-five minutes.

This is a favorite remedy for relieving sick headache, with some ladies.

8. An efficient means for the cure of this distressing affection is the sulphate of nickel. For the use of this medicine the reader is referred to the title, “Nervous Sick headache.”

9. That headache arising from *difficult* or *suppressed menstruation*, by bathing the feet in warm water and using a hip or warm bath, will often be removed without any other medicine. See page 460, vol. ii.

NERVOUS SICK HEADACHE.

Causes Predisposing —A peculiar nervous temperament, which is often hereditary and runs in families. The excessive use of tea or coffee is also in some cases

a predisposing cause; also unhealthy occupations, sewage-gases, malaria, the employment of arsenic in wall-papers, or in articles of dress, a sedentary, monotonous life, with the use of alcoholic beverages, and probably other varying causes. Whatever produces a powerful impression on the nervous system of a person thus predisposed may develop an attack; as fright, loud noises, exposure to a hot sun, a strong wind, or extremes of temperature. Moreover, mental or bodily fatigue, worry, the pressure of business or family anxieties, deprivation of sleep or food, prolonged nursing, and other causes of nervous exhaustion, are invariably succeeded by nervous headache. True sick headache, then, may occur in the most abstemious persons, and is not at all necessarily connected with a disordered digestion.

Symptoms—They usually commence on rising in the morning, the patient being pale, dark around the eyes, with contracted pupils, and looking and feeling extremely ill. Giddiness, swimming in the head, throbbing of the temples, and stupefying or agonizing, deeply seated headache, often limited to one spot on the side of the head, on the forehead, or over the eyes, and increased by movement, noise, strong light, and any kind of mental disturbance. The gastric symptoms—clammy mouth, nausea and vomiting, or more generally straining to vomit—are secondary rather than primary, having no necessary connection with any impropriety of diet.

Remedies—1. A permanent cure of this disease has often been effected by abandoning the use of all exciting drinks, such as tea, coffee, and spirituous liquors, and substituting the lemon-water, which is prescribed on another page for sick headache. When the pain is severe, a compress of warm water, placed upon the stom-

ach and abdomen, and frequently changed, will generally relieve it.

2. When there are strong symptoms of an attack of nervous headache, drink freely, for three or four hours, of a strong decoction of scull-cap. This will often effect a cure.

3. The following is a new remedy, and one that is reported to be of superior efficacy in headache. In fact, it is regarded as a specific in the cure of this disease. It is the sulphate of nickel, and may be procured at the drug-stores. One grain of it is to be rubbed, or triturated, in a mortar with nine grains of the sugar of milk. If this cannot be obtained, use loaf-sugar. When these are well ground together, the medicine is ready for use. The dose is one or two grains. One dose is often sufficient to relieve the paroxysm. If it does not, it may be repeated every one or two hours, until the pain ceases. Cases of frequently-recurring headache, or headache coming on after certain intervals, are reported, which were promptly and permanently cured by this medicine.

4. A very excellent remedy for this affection, especially when occurring at the monthly period, is the tincture of black cohosh (*Cimicifuga Racemosa*). Add ten drops to half a tumbler of water, and take a dessert-spoonful every half-hour, or hour, until relief is obtained.

5. I frequently prescribe the milk-weed, in nervous headache, and find it the promptest remedy I ever administered. This plant is also known as bitter-root (*Apo-cynum Androsæmifolium*). The dose of the fluid extract, is ten to twenty drops (of the saturated tincture, fifteen to twenty-five drops) repeated every three or four hours.—[*Prof. Goss*.

Accessory Treatment—The patient should lie

down in a quiet room, with a subdued light, and be kept from every kind of disturbance, so that, if possible, sleep may afford relief. Rest and sleep are the most natural restorers. Hot tea or coffee, which acts on the nervous system, often gives immediate relief, though the excessive use of these beverages predisposes to subsequent attacks. If pressure relieve, the wet bandage should be tightly bound round the head. Dr. Wilks says, "This is an admirable means of procuring temporary relief."

During an attack, unless it is prolonged, entire abstinence from food is necessary; at least, only the slightest nourishment—milk and lime-water, plain soup, etc.—should be given; copious draughts of hot water taken early, often mitigate or shorten an attack. See page 457, vol. ii.

Preventive Treatment—The causes which predispose to, or excite the paroxysm must be avoided and the tone of the general health improved. For this, the knowledge and tact of the physician are necessary. *Tea* and *coffee*, although they sometimes give relief during a paroxysm, render the nervous system increasingly susceptible to the attacks, and we have known several patients enjoy complete immunity from the attacks by abandoning these beverages. The general regulation of the diet, the adoption of out-of-door recreation, and the general hygienic measures will prevent, or very much relieve, this affection. In some, when attacks frequently recur, *change of occupation, scene and climate*, are necessary to break up the tendency. The climate selected should be dry and bracing, and walking or horseback-exercise taken daily.

PALPITATION OF THE HEART

Often arises from mental emotions, nervousness, indigestion or debility; though frequently produced by disease of the heart, or some other organ of the body.

Treatment—When the palpitation is owing to disease of the heart, relief is all that can be expected, unless the disease be cured; and the same may be said, when it is owing to dyspepsia or other affections.

Remedies—1. A glass of soda-water will often give immediate relief. It is simple, yet is entirely effective. It should be prepared with a little soda and citric or tartaric acid, and drunk while “foaming.” These articles should be dissolved in separate glasses. Sweeten the acid, if desired, and then pour together.

2. In a majority of cases, perhaps, a fit of palpitation may be arrested by the person lying down on a bed, on his back, and filling the lungs with air, so as to expand the chest as much as possible. A few full inhalations, allowing the breath to escape gradually, will generally be sufficient to quiet the palpitation.

Some medical writers say, “For the immediate relief of palpitation of the heart, there is nothing that will compare with the tincture of *cactus grandiflorus*, given in three drop doses, every three hours. Where the cactus cannot be obtained, the following has always served a good purpose: Take a handful of peach-leaves or twigs, bruise them well, and cover them with *cold* water. Take this in tablespoonful doses, every two or three hours. The bark of the wild cherry, prepared in the same way, acts, in this affection, precisely like the peach, and may be used in its stead.

Accessory Treatment—The patient must avoid mental excitement, stimulants, coffee, sleeping-draughts,

indigestible food, etc. Pure air; cold water, used internally and externally; regular, moderate exercise in the open air, short of inducing fatigue; a contented and tranquil disposition, with light and nourishing diet, are excellent auxiliaries in the treatment of this affection.

The excessive use of tea is one of the common causes of irregularities of the heart's action, in weak or nervous women; in some persons, palpitation follows *tobacco-smoking*, as it may also result from the administration of other injurious agents. In such cases, of course, a cure can only be expected after the discontinuance of the noxious substance.

NETTLE-RASH, OR HIVES.

This is an eruption of little solid eminences, roundish or oblong, pale in the centre and red at the circumference, attended with smarting and itching, as though the parts had been stung by nettles—hence the popular name.

Symptoms—Towards evening, or when getting warm in bed, the patient feels an intolerable itching on the neck, arms or body, and on scratching soon discovers large *wheals* (the eruption rapidly enlarging under the irritation of scratching), which burn, tingle or smart, and prove the source of great discomfort.

Causes—The acute form, as seen in children, is generally due to indigestion or eating particular articles

of food, as bitter almonds, shell-fish, oatmeal, etc. It may also be induced by a chill, or changes in the weather.

Remedies — 1. A tincture of the common nettle, taken in five-drop doses four or five times a day, will cure any case of nettle-rash'; a strong decoction of the herb is almost equal to the tincture.

2. Rub the parts with buckwheat-flour, and it will allay the itching, and the hives will generally disappear soon. Common wheat-flour will often answer the same purpose.

3. As an internal remedy, sassafras-tea, drunk freely, often is beneficial in promoting perspiration, and thus aids in quieting the irritation of the skin, and relieving the patient. Saffron tea is also employed for a similar purpose. In this, as well as in all other skin-diseases, the greatest caution should be exercised in employing, externally, anything moist, especially cold objects, as they are dangerous, tending to "drive in" the rash, and induce serious internal disorders. If any other external applications than those mentioned above are used, bathe the part in hot mustard-water, or in hot vinegar and water.

HEART-DISEASE (Angina Pectoris).

Definition — Sudden, severe paroxysms of pain, or spasm of an enfeebled or diseased heart, with a constricted, burning sensation and intense anxiety, chiefly

occurring in elderly persons, or past the middle period of life.

Symptoms—The patient is seized with a sudden, dreadful pain, which centres in the heart, and extends over more or less of the anterior portion of the chest, up the shoulder and down the arm. There is an agonizing sense of anxiety, faintness, fear of instant death, palpitation and difficulty of breathing, so that if walking, he is compelled to stop and to fix on the first object that offers support, and so remains, pale and covered with a clammy perspiration. The paroxysms may terminate in a few minutes, or last for hours, and are liable to recur with increased severity, till at length one proves fatal.

Causes—*Disease of the heart*, or obstruction of the arteries of the heart, in consequence of which the muscular fibres of the heart become impaired. Under such conditions a paroxysm may be brought on by over-exertion, flatulent distention of the stomach, mental excitement, or even a frightful dream.

Life is too frequently one round of perpetual excitement, business-haste or competition, and railway-speed pursuit of pleasure or gain. The demands thus made on the ever-active organ lessen its nutrition, impair its structure and imperil its action.

Remedies—If the disease is symptomatic of some other, as dropsy of the chest or indigestion, then give medicines accordingly. If it be a primary affection, direct the treatment to the organs affected. Abstain from every exciting cause, as anger, over-exertion, everything of a heating nature, etc. A rigid course of diet is necessary. Upon an attack of the disease, take half a teaspoonful of *capsicum* in a little sweetened water; this will probably afford immediate relief. Two or four grains of extract of henbane may be given, to relieve the paroxysms, and

also a teaspoonful of salt and water. With a view of preventing the recurrence of the disorder, the patient should carefully guard against passion, or other emotions of the mind; use a light diet, avoiding everything of a heating nature; and take care never to overload the stomach, nor use any kind of exercise immediately after eating. Besides these precautions, he should endeavor to counteract obesity, which has been considered as a predisposing cause; and this is to be effected most safely by a vegetable diet and moderate exercise at proper times.

A highly important remedy, in the treatment of this disease, is the *Cactus Grandiflorus*, which is regarded as a specific. In functional diseases of the heart it gives prompt relief, and regularly continued, in small doses, finally effects a complete cure. But it cannot be depended upon in organic affections of the heart. The dose of the strong tincture is one to five drops, every one, two or three hours, according to the urgency of the symptoms. In that state of nervous irritation called "nervousness," it exerts a very kindly influence, quieting nervous sensibility, lessening the pain and procuring rest.

In this disease, Prof. E. M. Hale says, "The garden-nightshade (*Solanum Nigrum*) often acts admirably." The dose is from half a drop to a drop, every two or three hours. If a half-drop dose is desired, put one drop into two teaspoonfuls of water, and stir well together, and, of this mixture, give a teaspoonful for a dose. The tincture of foxglove (*Digitalis*) is a standard remedy in this disease. Add five drops to ten teaspoonfuls of water; mix well, and give in teaspoonful doses, every two or four hours, according to the severity of the attack. Where there is severe pain and an intermittent pulse, the action of this remedy may be relied on, if its use be persisted in for several days.

Dr. Anstie, in *Reynolds's System of Medicine*, recommends *sulphuric ether* in the purely nervous form of *Angina Pectoris*, and mentions a case under his care, which, he is sure, would have long since ended fatally, in one of the agonizing attacks of spasmodic heart-pain, but for the discovery that by taking a spoonful of ether immediately on its commencement, the patient can greatly mitigate the attack, and has continued to do so with undiminished effect for the last three years.

Organic affections of the heart may be greatly relieved, and life considerably prolonged, by judicious treatment. Professional judgment and experience are, however, specially necessary. For affections of the heart, consequent on over-exertion and insufficient rest, *arnica* is an excellent remedy, given in two or three-drop doses on sugar, three times a day, and in severe cases, every one or two hours.

Cautions in Regard to the use of the Cold Bath

—It should never be taken very cold by persons with disease of the heart, nor by those suffering from active inflammation of any of the organs of the body. In skin-diseases it is usually inadmissible, particularly in those where a sudden driving-in of the irruption may cause internal affections. Persons very much debilitated, or those who do not possess sufficient powers of reaction, must employ it with great caution, if at all. In infancy and old age, it is of less benefit than in youth and middle life.—[*Napley*.

The patient must not use tobacco when troubled with this disease, or any affection of the heart, if he wishes to recover. Nor should he use tea or coffee. The diet should be light, easily digested and nourishing, but plain.

INFLAMMATION OF THE HEART (Pericarditis).

This is an inflammation of that membranous bag which surrounds the heart, the use of which is to secrete and contain the vapor of the pericardium, which lubricates the heart, and thus preserves it from becoming fast to the pericardium.

Symptoms—Pain in the region of the heart, suffocating weight, violent palpitation, breathing by starts, difficulty of breathing, increased by motion or exercise. Pressure also aggravates the symptoms. Pulse frequent and bounding; the countenance has a peculiarly pale and haggard appearance.

Remedies—1. In the treatment of this affection, aconite is a remedy of prime importance, as often, by the use of it alone, the disease is not only arrested, but brought to a speedy and happy termination. It should be administered as follows: Tincture of aconite-root, five drops to a tumbler of water, and stir well. Dose, two teaspoonfuls every half-hour, until the pain and heat abate, and the skin is covered with more or less moisture, when the intervals should be extended to four or six hours; and to maintain its impression, these doses should be continued for three or four days, or until the inflammatory symptoms have subsided. If the pulse is irregular or intermittent, weak and rapid, making one hundred and thirty to one hundred and forty beats in a minute, the tincture of foxglove should be given in alternation with the aconite. The foxglove must be prepared for administration by putting ten drops of the tincture with ten teaspoonfuls of water, and giving a teaspoonful of the mixture for a dose, alternately with a teaspoonful of the aconite—first one, then the other—every two hours. This method, persistently kept up, with the other measures

directed to promote the comfort of the patient, will, in most cases, be amply sufficient to relieve him, and cure the disease.

2. The foxglove (*Digitalis*) and the American hellebore (*Veratrum Viride*), are two most important medicines, and possess great power over the action of the heart, reducing the force and frequency of the pulse, abating inflammation of the heart and its membranes, calming nervous agitation and promoting rest. But these medicines should not be mixed together; neither is it necessary that they should be. Each should be taken separately, as it is only by this means that the power of the medicine can be determined, and its effects or curative influence judged of. The tincture is perhaps the best preparation of them. Dose of the foxglove, five drops, three times a day. Of the hellebore, three to six drops, every four hours, until the pulse-beats are seventy-five or eighty in a minute.

Of these two medicines, the American hellebore is probably the more efficient, in a majority of cases.

We have treated this disease very briefly, owing to the fact that the serious nature of the malady induces people affected with it to put themselves under professional treatment.

Accessory Treatment—At the commencement of an attack, apply over the heart a towel wrung from hot water, and over that four or five thicknesses of dry flannel; confine the whole to its place by a bandage around the body, and renew often.

The patient should be kept quiet, not permitting him to be annoyed by anything; the temperature of his room should be rather cool and comfortable; the diet should be simple and not stimulating, principally fluids and vegetable infusions. The period of convalescence must be

closely watched, both to avoid a relapse and to ascertain if any chronic difficulty is about to ensue.

HAY-ASTHMA—HAY-FEVER—SUMMER-CATARRH.

This is a specific disease, affecting predisposed persons only, and affecting them in the same way, and at about the same period, every or nearly every year, and caused by the emanations from certain flowering plants, including the grasses. The term hay-fever is not sufficiently inclusive, for the odors from hay, although sufficient in many cases, less frequently produce the affection than the various flowering plants. It partakes somewhat of the nature of ague, certain emanations and atmospheric conditions depressing the nervous system.

Symptoms— They are those of an ordinary catarrh, to which those of *asthma* are superadded. There are itching of the forehead, nose, eyes and ears; much general irritability and lassitude, sneezing, profuse discharge from the nose, tightness of the chest, difficult breathing and cough, pricking sensations in the throat, general depression, etc. Exposure to the emanations from powdered *ipecacuanha* give rise to similar symptoms in many persons.

Dr. Bayes recommends *sabadilla*, one drop two or three times a day, in water, and the administration of the drug by olfaction, or smelling, several times daily; and he adds, “By this means I have cured many severe cases.”

Inhalation—The remedy used internally should also be administered by inhalation, either by simple olfaction, or, still better, in the form of vapor; this is produced by means of an ordinary perfume, or spray-producer. Inhalation should always be employed during an attack.

Accessory Treatment—Removal to the coast, with a barren surrounding country, or to any part where flowering plants and grass do not grow, or hay is not stored, offers the surest protection. The symptoms are mitigated by protection from bright sunlight, and by such means as tend to promote the general circulation. Cold or tepid bathing and the cold shower-bath are also recommended under different conditions. In one reported case, two or three minutes' swim in the sea removed the symptoms as if by magic.

Remedies—Use a weak tea of red clover-blossoms and leaves. Drink a teacupful of it three times a day, from the commencement of the attack to its close, or for several weeks, if necessary. This will often relieve, if it does not cut short the disease.

ENLARGEMENT OF THE HEART.

Causes—Any over-stimulant which produces a diminution of its power and a softening of its structure, may occasion this disease. Intoxicating liquors, violent and long-continued muscular exertion, mental depression or excitement, sexual excesses, masturbation, rheumatic

and syphilitic affections, and intense mental application with no bodily exercise, are potent causes.

Symptoms—Shortness of breath, palpitation of the heart, and a feeling of uneasiness in that region, are common. Frequently, headache, giddiness, ringing in the ears, flashes of light, flushed and swelled face, nose-bleeding and a very hard and strong pulse, are accompanying symptoms. Eventually the stomach, liver and lungs become implicated. The skin is dry, the urine deficient and high-colored, the skin and extremities purple and swollen. This is followed by cough, and the patient is forced to remain in an upright or sitting posture, and leaning forward, because of the difficulty of breathing. Death may occur suddenly, or the vital powers gradually fail, insensibility come on, and the patient die in this way.

Remedies—1. Sheep-laurel (*Halmia Angustifolia*) is a remedy of great power and efficacy in the treatment of this disease, though, in large doses, it produces vertigo, dimness of sight, great depression of the action of the heart, cold extremities, and sometimes fatal results. But if it is cautiously used, and discontinued for a few days when these symptoms occur, it is a valuable medicine, and will afford the patient great relief. The best form of administration is the strong tincture, given in doses of five to ten drops every three hours. If a decoction or tea, of the leaves, is used, the dose will be one or two teaspoonfuls, repeated as often as the tincture.

2. Take, of the tincture of black cohosh and skull-cap, each, four tablespoonfuls. Mix. Dose, twenty drops three times a day. It has proved efficacious in this disease.

3. In simple palpitation, uncomplicated with organic disease, and existing only as a symptom of general nervous

debility, there is no remedy that so certainly and promptly removes the palpitation, and gives tone and energy to the heart, as the *Cactus Grandiflorus*, ordinarily called the cactus plant. It is better to use it in the form of the tincture, one to five drops of which may be given every one to four hours, according to the severity of the symptoms.

Accessory Measures—The diet must be light, and intoxicating or stimulating drinks must be avoided, and likewise all mental or bodily exertion, as well as excitements or depressions of the mind. Cheerful company is of great service; and whatever will produce moderate laughter and pleasantness of feeling should be encouraged. Sometimes, an electro-magnetic current passed through the heart, of moderate strength, will be found beneficial.

It is not necessary to dwell at length on the treatment of this disease, as professional aid is usually called when this affection is known to exist.

HEART-BURN.

This complaint most commonly arises in consequence of dyspepsia, though it oftentimes occurs with individuals who are otherwise enjoying good health.

The cause of this complaint is evidently either a debility or inactivity of the stomach, or a vitiated secretion of the juices or fluids which are concerned in the digestive process. Hence, eating anything hard to digest, or

that is inclined to ferment, will usually produce the heart-burn in those liable to it.

Persons who are subject to the heart-burn should also be careful about their diet; rejecting such articles as they find are apt to become sour in the stomach. Animal food and shell-fish, when they can be procured, not being liable to ferment, ought to form a large proportion of the food of individuals who are afflicted with this troublesome complaint; whilst vegetables, as much as convenient, should be avoided.

Experiment has also proved the fact, that the saliva swallowed along with our food greatly prevents its fermentation; wherefore persons liable to the heart-burn should be very careful in well chewing their food before swallowing it.

Remedies—1. A teaspoonful of powdered willow charcoal, found at all drug-stores, taken two or three times a day, in milk or water, before meals, is good to remove this difficulty. It has also been known to cure dyspepsia.

2. Prepared chalk, also found at drug-stores, is likewise said to be a good remedy for acidity of the stomach. Also, calcined magnesia, one-half teaspoonful three times a day is used for the same purpose.

3. Lime-water, or soda, or magnesia, is sometimes employed to correct acidity of the stomach. Their effects are, however, only temporary. But, if it is desired, one of them may be used for this purpose. Take a piece as large as a pea, of the lime or soda, and put it into a tumbler half full of water, and take a small swallow several times a day.

Of the magnesia, use a piece the size of a common hickory-nut, in the same amount of water.

There are, frequently, persons who derive no benefit

from taking these alkalies, especially pregnant females. For such persons, acids, such as lemon-juice or citric-acid, will prove effective. For immediate relief, vinegar is a valuable remedy. It should be of the best quality. Take twenty to thirty drops, in a little water, every two or three hours, according to the necessity of the case.

HOARSENESS.

Remedies—1. Take a piece of borax, the size of two or three peas, in the mouth, and let it dissolve gradually. Repeat this once in three or four hours. It will generally be found to afford relief, in ordinary cases of hoarseness.

2. Mix equal parts of grated horse-radish and syrup. Of the syrup thus formed, take a teaspoonful, together with a little of the horse-radish, five or six times a day. This will cure hoarseness occurring from cold. Chewing a piece, the size of the little finger, will be attended with the same results.

3. Or, for a sudden hoarseness, mix one teaspoonful of sweet spirits of nitre in a wineglassful of water. This may be taken two or three times a day.

4. Boil a large handful of wheat-bran in a quart of water; strain, sweeten with honey, and sip of it frequently. This is likewise an excellent remedy in some forms of this difficulty.

INFLAMMATION OF THE LINING MEMBRANE OF THE ABDOMEN (Peritonitis).

Causes—Mechanical violence, as a kick, operations, etc.; sudden and excessive changes of temperature; errors of diet; frequent intoxication, the disease termed *gin-colic* being really chronic peritonitis. Inflammation of the peritoneum is often secondary to enteritis, hepatitis, perforation of the intestine or stomach, and obstruction of the bowel.

Symptoms—It is preceded by chills, with increased heat of surface, thirst, full, strong and frequent pulse, flushed face, red eyes, dry tongue with red edges, dry skin, restlessness, short, quick breathing, and sometimes, nausea and vomiting. The only endurable position of the patient, is to lie flat upon the back, with the feet drawn up. When the disease is advancing towards a fatal termination, the abdomen becomes greatly swelled and hard, having a tight, drum-head feeling, to the hand; the pulse is rapid and feeble; the countenance is full of anxiety, and is pinched and ghastly; and a cold sweat breaks out.

Remedies—1. In the treatment of this very painful and inflammatory affection, there is, perhaps, no remedy of superior efficacy and value, in arresting the progress of the disease, and effecting a final cure, than the tincture of the root of aconite. Ten drops of it, in ten tablespoonfuls of water, and well mixed, is the manner of preparing the medicine for use. Of this, give to an adult a tablespoonful every hour or half-hour, until the acute symptoms abate. Then the medicine should be continued, at intervals of four or six hours.

At the commencement of the treatment, a fomentation of equal parts of the tincture of aconite and brandy, heated as hot as can be borne, and cloths wrung out of

it, and applied to the whole surface of the abdomen, being changed so as to keep it constantly hot, is an important measure, and should not be neglected, as it materially aids the internal use of the drug in effecting the resolution of the inflammation, by relieving the capillary engorgements of the vessels of the inflamed parts, equalizing the circulation, and producing copious perspiration.

2. When the abdomen is distended, very painful to the touch, pulse full, hard and tense, from 100 to 110 beats in a minute; tongue coated white, bowels costive, face flushed and glowing, patient becomes absorbed in reveries, or is absent-minded, the tongue and lips look dry; or if a tendency to diarrhea or involuntary discharge from the bowels develop itself, belladonna should be employed. Put five drops of the tincture into twelve tablespoonfuls of water, and give the patient a teaspoonful at a time for a dose, every four hours; or, it may be given, in alternation with the aconite, every two hours; that is, first one, then the other, every two hours.

Accessory Measures—The daily bath is especially necessary, particularly the warm, alkaline sponge-bath, made by adding saleratus, soda or soap to the water, with vigorous friction. In some cases, a wet towel, laid upon the bowels over night, and well covered with flannels, will afford relief.

Diet—During an attack of acute inflammation of the bowels, nothing but rice-water, arrow-root, corn-starch, toast-water or weak gruel should be allowed.

INFLAMMATION OF THE LIVER—LIVER COMPLAINT (Hepatitis).

Causes—The causes are all those producing inflammation, tumors in the liver, injuries from external violence, mercury, hot climate, obstructing the liver-ducts; anything that suddenly cools the liver after it has been much heated; drinking largely of wines and spirituous liquors, eating hot, spicy aliment, violent exercise, exposure of the heated body to the cold air, etc.

Those who have exposed themselves to the destructive habit of drinking to excess, are particularly liable to diseases of the liver.

Symptoms—The *acute* species of this complaint comes on with a pain in the right side, extending up to the shoulder, which is much increased by pressing upon the part, and is accompanied with a dry, short and frequent cough, oppression of breathing, and difficulty of lying on the left side; together with nausea and sickness, and often with a vomiting of bilious matter; tongue coated. The urine is of a deep, saffron color, and small in quantity; there is loss of appetite, great thirst and costiveness, with a strong, hard and frequent pulse, and when the disease has continued for some days, the skin and eyes become tinged with a deep yellow.

The *chronic* species is usually accompanied with a morbid complexion, loss of appetite and flesh, costiveness, indigestion, flatulency, pains in the stomach, a yellow tinge of the skin and eyes, clay-colored stools, high-colored urine, depositing a red sediment and ropy mucus; an obtuse pain in the region of the liver, extending to the shoulder, and not unfrequently with a considerable degree of asthma.

The symptoms are, a dull pain in the right side and top of the shoulder, the stomach sometimes disordered, yellow tinge of the skin, and often a swelling over the region of the liver.

There is usually in this complaint dyspepsia, cough, with slight expectoration, headache, lowness of spirits or despondency, debility or weakness, flatulence, morbid sensibility, great irritability, jaundice, gall-stones, emaciations, stools clay-colored, tongue coated, costiveness and indigestion, urine pink-colored, countenance sallow.

Remedies—1. The leptandrin is a popular remedy, with many physicians, in the treatment of this disease. It is prepared from the root of the herb called black root. It is administered in doses of one grain, once a day. When the root of the herb is used, as it may be when it can be obtained, make it into a decoction or tea, and take two tablespoonfuls twice a day.

This drug is said to be a complete substitute for *blue mass*.

2. The dandelion has been used very successfully in this complaint. A medical writer says, "In my own practice, more than fifty cases have been cured either by the simple extract of the herb and root, or by taking a teacupful of a strong decoction of it twice a day. In almost every instance I have succeeded in restoring those who have used this plant."

3. The following is an excellent remedy in *chronic liver complaint*: A decoction, of equal parts of chittim bark (*Cascara Sagrada*) and Oregon grape-root (*Berberis Aquifolium*), used twice a day, in tablespoonful doses. The fluid extracts of these articles can be obtained at drug-stores, and are equally as effective. Take two tablespoonfuls of each, and the same quantity of syrup. Mix. Dose, one teaspoonful, twice a day. This

is a *new remedy*, but has already gained much celebrity, in the treatment of this complaint, and is regarded as well nigh infallible.

Accessory Treatment—During an attack of this disease, the diet should consist of rice-water, gruel, toast-water, etc. Let fomentations be applied warm to the side, or over the region of the liver. Should they not take off the tension and afford relief, apply Cayenne pepper and brandy, simmered a few minutes together. These may be applied often, and as warm as the person can bear. In this disease vomiting is a very common symptom; to allay which, give a little saleratus, in peppermint-water or tea, as often as the vomiting returns. This will allay the irritability of the stomach. Should not these applications mitigate the symptoms, apply the following plaster to the side: Take mustard, red or Cayenne pepper, equal parts; Indian meal, a tablespoonful; vinegar, sufficient to form a plaster or poultice of suitable consistence. Apply warm to the side, and continue it as long as the patient can bear. Blisters should be dispensed with, their effect always proving very troublesome and not unfrequently serious. In this disease the question is, in reality, *not one of medicine*, but of diet and regimen. Medicine may certainly be required, but not by any means to the extent it is so often used. Those persons who are habitually liable to a diseased state of the liver ought most strictly to regulate their diet, avoiding coffee, strong tea and all stimulants. Take moderate exercise every day; use a good diet, but such as is easy of digestion, and not disposed to cause acid stomach or costiveness; bathe the surface of the body every day with a weak lye-water, and in drying, use sufficient friction to produce a gentle glow of heat.

The reader should not fail to examine the article on
“Tea and Coffee.”

INFLAMMATION OF THE STOMACH (Gastritis).

Acute inflammation of the stomach, except as a result of poisoning by some irritant, is a rare disease.

Symptoms—Burning pain increased by pressure; persistent thirst for cold drinks, with inability to retain either food or drink; constant nausea, coated tongue and foul taste; difficult breathing, faintness, prostration, anxiety, etc.

Chronic gastritis is indicated by dull pain and oppression soon after a meal, and sometimes vomiting of acid or mucus. The tongue is coated or red at the edges, and the patient often complains of heart-burn, flatulence, thirst, burning of the hands or feet, confined bowels, and high-colored urine. It usually accompanies affections of the liver, heart and kidneys, and is frequent in drunkards.

Causes—Indigestion; cold draughts, damp, wet, etc.; cold drinks when over-heated, mechanical injuries, poisons—arsenic, vegetable acids, caustic alkalies, etc.

Remedies—In this disease you must rely chiefly on external applications.

1. Apply a large mustard-plaster over the stomach, until the skin becomes very red; then remove it and apply to the stomach flannel cloths dipped in a hot in-

fusion of hops, boiled in vinegar and water, or in hot water alone. This should be continued for hours. Bathe the feet and legs in hot lye-water, and apply hot bricks to the patient in bed.

2. Give, in small quantities at a time, cold mucilaginous drinks, as gum-Arabic water, or an infusion of slippery elm, or marshmallow, and a little lemonade. If this treatment is promptly pursued, it will effectually arrest this disease in its earlier stages.

Purchase at the drug-store or gather a large handful of stramonium-leaves, and apply to the stomach as a fomentation, and about every half-hour take a swallow of as warm water as can be borne, and you have one of the best and safest remedies known in this disease.

3. If the above remedy cannot be readily procured, another valuable one is, to apply a fomentation of peach-leaves, alone or in combination with hops, steeped in vinegar and water, and, at the same time, take a tablespoonful every hour, of an infusion of the peach-leaves, until the pain and heat subside, after which it may be taken less frequently.

In this disease, the tincture of the root of aconite is a remedy of the greatest importance. Five drops should be added to a tumblerful of water, and well mixed. Of this mixture, give two teaspoonfuls for a dose, and repeat every half-hour or hour, until a decided impression is made on the disease, which will be manifested by a diminution of the pain, heat and tenderness, when it should be given once every three or four hours, until the inflammatory symptoms have entirely subsided. No cathartics should be given in inflammation of the stomach.

Accessory Treatment—In *acute* cases, small pieces of ice may be swallowed, and during the severity of the symptoms the patient should be fed by nutritious injec-

tions. During convalescence, the patient must only gradually return to solid kinds of food. On recovery, the stomach remains for some time feeble, and without due care is liable to dyspepsia.

At first, barley-water, toast-water, rice-water, etc., may be given; and when the inflammation is entirely overcome, arrow-root, milk, chicken-broth, beef-tea, soft-boiled egg, etc., gradually accustoming the stomach to its usual diet.

Chronic Form—In the treatment of the chronic form of this disease, first regulate the patient's diet. While the more urgent inflammatory symptoms are present, gum-Arabic water, rice-water, arrow-root, toast and tea, and other mild, easily-digested articles of food may be used. If there is no fever, and not much debility, a more nutritious diet may be used, as boiled rice, stale bread, crackers, mush and milk and gruels. Milk is an excellent thing, and cases have been cured by living on bread and milk alone. The addition of a little lime-water makes it still better. Alcoholic and stimulating drinks, coffee and the like, are to be avoided.

The medical treatment, of this form of the complaint should be mainly conducted by the use of the tincture of aconite. One or two drops, in a tumblerful of water, mixed well together, and a dessertspoonful taken every three, six or eight hours will, in most cases, be sufficient to complete the cure. Should there be, however, much pain or tenderness, an irritating plaster may be worn on the sore part of the stomach. Bathe the whole surface of the body, daily, and rub it well with a coarse towel.

For an irritating plaster, the "Poor Man's Plaster," or the "Burgundy-Pitch Plaster," may be employed, either of which may be procured at any drug-store.

ITCH (Scabies Acari).

The itch is evidently confined to the skin, and rarely affects the general system, however great its irritation. It arises usually from infection, communicated by coming in immediate contact with the body of a person already affected, or by wearing the same clothes, or lying in the same bed; but it is sometimes produced by unwholesome food, bad air and a neglect of cleanliness.

The itch shows itself in small pimples about the fingers, wrists, hams and waist, which, after a short time, become so many pustules, and are attended with such an itching as to occasion a constant desire to scratch. When they break, the acrid fluid which they contain falls on the neighboring parts, and thereby spreads the disease over almost the whole body, if proper remedies are not used to check its progress.

Remedies—Two to four applications of petroleum will cure the itch. Also benzine, applied once or twice, and a warm bath taken an hour afterwards will, it is said, effect the same purpose.

The following is a popular remedy for this affection: Gunpowder, half an ounce; strong vinegar, half a pint; grind the gunpowder fine and mix the two together. Apply thoroughly once a day.

SEMINAL EMISSIONS.

Causes—The chief of these are self-pollution and sexual excesses. An excited state of the seminal vesicles is the effect of such habits, and they expel their contents

during sleep, weakening and depressing the patient. If the discharge only occurs once in a week or two, it is of no special consequence; and if the mind is habitually engaged in congenial and healthful employments, nature will soon work a cure; but, should it take place as often as every night, or even once in two or three nights, measures should at once be taken to effect a cure. This, it should be remembered, neither quacks nor their nostrums can accomplish. Their object is deception and gain, and all their advertising is framed to excite the fears of the patient and get his money.

Remedies—If any one will observe the following directions, he will soon be cured: First, let him keep his thoughts pure and shun stimulants, of every kind; secondly, let him banish all fears concerning the result of his disease, as nearly all pure, unmarried men are occasionally troubled in this way; thirdly, let his employments—especially those of the mind—be regular and absorbing; fourthly, let him spend his leisure in the society of virtuous women. Finally, the body should be bathed every few days with soap and water, and the surface afterwards rubbed into a glow. Pouring cold water on the back of the head and down the spine is good and may be practiced daily. The labor or exercise should be moderate, the bed hard and lightly covered, and the patient should lie always on his side—the right side is the best.

Impotency—Thoroughly bathe the private parts in very cold water, at night, on retiring, and also in the morning, on rising. The bathing should be repeated in this manner until the impotency is entirely removed, and the natural use of the organ can be secured. Sometimes this will be accomplished within forty-eight hours. But,

if necessary, it should be persevered in for weeks or months.

The functions of these organs are restored by the use of the star-root (*Helonias Dioica*). Take one-half a teacupful of the infusion two or three times a day. If the powder be used, take twenty or thirty grains. This will soon relieve the inactivity, and give the usual tone, vigor and healthy action. This herb is also called blazing-star and unicorn-root. When the organs are healthy, and it is desired to arouse their activity, at any time, use the vanilla, the same that is employed to flavor syrups, ice-cream, etc. It is thought, by some, that the infusion is the preferable preparation. It is prepared by taking one-half ounce of the powdered bean to one pint of boiling water, in doses of two or three tablespoonfuls, three times a day.

The concrete, resinous juice of hemp, called *churrus*, which is found in the drug-stores, it is said, will increase the sexual passions. But it is so weak, as generally to require ten to twenty grains to affect the system.

The dose, of the good article, is half a grain to a grain. In large doses, it produces delirium. It is narcotic, and may be used in place of opium.

The following is a new remedy: It is the damiana (*Turneria Afrodisiaca*). Dose, of the fluid extract, one-half to one teaspoonful. Of the solid extract, from three to six grains. Of the sugar-coated pills, one to two pills. Many cases of total or partial impotence have been cured by the use of this drug, where the usual remedies have given no relief.

INFLAMMATION OF THE BOWELS (Enteritis).

This is an inflammation of the mucous membrane lining the intestines. It is characterized by fever, fixed pains in the abdomen, costiveness and vomiting.

Causes—An inflammation of the intestines is occasioned by long-continued costiveness, or hardened, feculent matter lodged in some part of the tube; by the strangulation of a protruded portion of the gut in a rupture; by preceding colic; eating unripe fruits or great quantity of nuts, and by hard tumors of the intestines or strictures; but the most frequent cause is exposure to cold; particularly when applied to the lower extremities or bowels, and occasionally by cold drink swallowed when the body is much heated by exercise.

Symptoms—This dangerous and painful disease is characterized by acute pain in the bowels, which is much increased on pressure, and shoots round the navel in a twisting manner; there are obstinate costiveness, tension of the abdomen, and the vomiting generally bilious, or dark and fetid; the urine is high-colored, the pulse quick, hard and contracted, with some degree of febrile heat, thirst and great depression or loss of strength. The patient is constantly belching up wind, and, in protracted cases, he even discharges excrement by the mouth, the motion of the intestines becoming inverted from there being no passage downward.

Remedies—1. Keep applied to the bowels, a warm fomentation of jimson-leaves (*Stramonium*), prepared with equal parts of strong vinegar and water. This, with proper diet and nursing, is sufficient to cure the disease in all ordinary cases. In any case where the stramonium-leaves cannot be had, hops and hoarhound are good, and should be used in their stead.

2. In no case should cathartics be given, in this complaint. On the contrary, the bowels should be kept from moving, and every means brought to bear that will relieve them of excitement and irritation. No alarm need be experienced, if there is no action of the bowels even for a week or more. Many times, when patients, affected with this disease, have been doing well, they have, on very short notice, been killed by a cathartic in the hands of a maniac or a professional man, or otherwise, who is never satisfied unless the bowels of his patients are continually moving.

3. The following has also been used with good success : To half a tumbler of water, add five drops of the tincture of the root of aconite. Mix. Give a dessertspoonful every half-hour or hour until the most painful symptoms have subsided, when the intervals should be extended to three or four hours. This is a remedy of great value in the treatment of this disease, and, if its use be persevered in it will, in the majority of cases, arrest the progress of the affection, and cure the patient. The fomentation recommended under peritonitis will also be of great value in this form of inflammation.

4. If mortification should be apprehended, apply over the bowels a poultice made of a decoction of the wild indigo (*Baptista Tinctoria*) root or leaves, and give a little of the tea, or infusion of the same internally ; say, two tablespoonfuls every four hours. Or, apply a yeast-poultice, and at the same time take a tablespoonful of it every three or four hours. These are among the best agents known to check the tendency to mortification

Accessory Treatment—During an acute attack, if the disease is attended with fever, soreness in the bowels and diarrhea, the patient should retain the horizontal position, and eat neither food in substance nor animal

food, but simply use rice-water, arrow-root, barley-water, toast-water, and the top or thin part of oatmeal or corn-meal gruel. As the disease abates and the appetite returns, make the above drinks thicker, and very cautiously return to a more nutritious diet. In chronic cases, milk may be added to the above articles. A warm bath daily, especially in chronic cases, will be found of great service.

INFLAMMATION OF THE BLADDER (Cistitis).

Causes—It is occasioned by an improper use of acid medicines (such as *Cantharides*), inflammation extending along the urinary channel, permanent or spasmodic stricture, local irritation from the lodgment of a stone, hardened feces, or a diseased state of the prostate gland, and mechanical injury, as well as by all the usual causes of inflammation.

Symptoms—Where this disease exists, an acute, burning pain, and some degree of tension at the bottom of the abdomen, with a constant desire to make water, a difficulty in voiding it, or total stoppage, a frequent inclination to go to stool, much uneasiness and heat, a general febrile disposition, a frequent and hard pulse, sickness and vomiting, not unfrequently attend.

It sometimes becomes chronic, and is very afflicting. There is a frequent desire to urinate, and a discharge of mucus or blood.

Remedies—1. In this disease it is seldom necessary

that any remedy should be administered, except a tea, made of the pods or hulls of the common bean. It is to be drunk freely three to six times a day, from which a speedy cure may be expected. This result is another demonstration of what has often been stated, that nature has provided us with simple remedies, in abundance, for all the diseases to which we are subject.

2. A decoction of the marshmallow should be drunk constantly; it is a sovereign remedy in diseases of the urinary organs, and may be relied upon as a specific in this. It is not unfrequently as efficacious as the above remedy.

3. In severer cases, apply a mustard-plaster over the region of the bladder. A decoction of burdock and mullen is also good as a drink.

4. Parsley-tea, with a little sweet spirits of nitre, is also used with good effect.

Accessory Treatment—For the relief of pain, hot fomentations of hops, and, in acute cases, rest in the horizontal posture. The warm hip-bath, the abdominal compress and mucilaginous drinks, favor recovery. *Washing out the bladder* is often useful; but only small quantities of tepid water—one to two ounces—should be introduced at a time; as far as possible, too, the water should be introduced like the continued percolation into it of the urine from the kidneys by the ureters, or the sensitive organs will be offended and injured.

JAUNDICE (Morbus Regius).

The above terms are used to express conditions in which many of the tissues and fluids of the body become yellow, especially the whites of the eyes and the connective tissues of the body. Jaundice is often a symptom of some acute or chronic affection of the liver, rather than a disease in itself.

Causes—The immediate cause of the jaundice is an obstruction of the bile. The remote or occasional causes are, the bites of poisonous animals, as the viper, mad dog, etc.; the bilious or hysteric colic; violent passions, as grief, anger, etc. Strong purges or vomits will likewise occasion the jaundice. Sometimes it proceeds from an obstinate ague, or from that disease being prematurely stopped by astringent medicines. Pregnant women are very subject to it. It is likewise a symptom in several kinds of fevers. Catching cold or the stoppage of customary evacuations, as the *menses*, the bleeding piles, issues, etc., will occasion the jaundice.

Symptoms—Yellow tinge, first of the whites of the eyes, then of the roots of the nails, and next the face and neck, and finally the trunk and extremities. The urine becomes yellow-colored or deep-brown, and stains the linen; the stools whitish or drab-colored; there is constipation; lassitude; anxiety; pain in the stomach; bitter taste; and, generally, fever-symptoms. Sometimes, especially in children, the bowels are relaxed from the food not being properly digested and occasioning irritation. There are also, usually, depression of spirits, prostration of strength and slowness of the pulse.

Remedies—1. Take a small quantity of soot, tied in a bag, the size of a hen's egg. Let it lie in a glass of water over night. In the morning remove the bag and

add to the water one egg, well beaten, and take at a dose. Repeat each morning, until a cure is effected, which will be accomplished in a short time. With this remedy in your hands, in this disease, you can bid adieu to your doctors, with their calomel and blue mass, their pukes and purges, and all the rest of their killing and health-destroying poisons.

2. The Fringe-Tree a Cure for Jaundice—

Prof. I. J. M. Goss says, in his "Materia Medica," "Some thirty-two years ago, I had been very badly salivated for an attack of simple bilious or intermittent fever, by my preceptor, and it resulted in an attack of jaundice, for which I was again salivated several times, with the result of an increase of the jaundice. I now gave up to die, for I had tried six or eight of the best physicians of Georgia. Their remedies were the same, mercurials, which only increased the disease. So I had, after trying mercury for four or five months, given up in despair. About this time I was induced by a fellow-student to try the 'old woman's remedy,' *Chionanthus* ('Old Man's Gray Beard,' as they called it), which grew plentifully upon the sandy land near Augusta, Georgia, where I was then attending lectures; and as the faculty had utterly failed to cure, or even benefit me, I concluded to try it.

"I procured a small quantity, and made a tincture in gin, and took a tablespoonful before each meal. In a few days my appetite began to improve, and my skin very rapidly cleared, and in some ten days my jaundice was gone; my skin was clear of bilious hue, and I felt like another man.

* * * * I subsequently met with many cases of jaundice, and found the remedy so prompt to remove it, that I published my experience in the *Eclectic Medical Journal*, of Philadelphia, since which time I have used it in a great many cases with success. I now use a saturated

tincture, made by adding eight ounces to one pint of alcohol (96°). Dose, one drachm, three times a day."

This shrub is known by various names, as Old Man's Beard, Fringe-Tree, White-Ash, *Chionanthus Virginica*.

3. Another good remedy is the following: Take, of the twigs of the peach-tree, or the fresh leaves, a large handful, bruise them, and just cover with *cold* water. Of this drink, take a fourth of a teacupful, three or four times daily. This has cured a great many cases of jaundice, and is easily obtained. Physicians, who have made use of this remedy, speak of it in the highest terms.

Accessory Treatment—Flannel squeezed and applied, after immersion in *hot* water, or a hot hip-bath relieves pain. Jaundice from inactivity and chronic congestion of the liver requires change of air and scene, traveling, *daily walking or horseback-exercise*, and regular and temperate habits.

Gall-Stones—A not uncommon impediment to the flow of bile is the impaction of a *gall-stone* in the natural channels of the bile. A gall-stone consists of bile in a crystalline form. The pain attending the passage of gall-stones is very severe, commences suddenly, is constant for a time, and terminates suddenly, and is thus distinguished from colic, and by the pains being of a more local character, and in the region of the gall-duct.

The pain occurs in paroxysms and is felt a little to the right of the stomach, beneath the lower ribs, and may shoot through to the back. There are sometimes nausea and vomiting, anxiety, great restlessness, faintness and great prostration, with pale skin, small and frequent pulse. Several paroxysms may occur in an hour, and the attack usually lasts from a few hours to several days, until the stone enters the intestine, when the sufferings

are immediately relieved, and the stone passes off with the discharges.

Remedies—1. Take one gill of pure, sweet oil, before retiring at night, and, on the following morning, a dose of seidlitz powders, and another every hour until an action of the bowels is obtained. In three or four days, repeat the oil and powder in the same manner as before. Usually, a few doses will be sufficient.

Two or three doses have been known to expel forty to sixty gall-stones.

2. Night and morning, at the time of taking the medicine, the bowels, over the region of the liver, should be thoroughly rubbed for some length of time.

Accessories—Persons liable to gall-stones should eat no wheat-bread, because there is so much lime in wheat, as also in the water, but should drink milk, rain or snow-water, or distilled water, and eat rice, sago, fruits, berries and lean meats and vegetables, for these have no lime in them.

BRIGHT'S DISEASE OF KIDNEYS (Nephritis).

Symptoms—Dropsy of the upper as well as lower parts of the body—the hands and feet, as well as the face, being puffy and swollen; febrile symptoms—a dry, harsh skin; quick, hard pulse; thirst, and often-sickness, from sympathy of the stomach with the kidneys.

There is frequent desire to pass water, which is scanty, highly colored or smoky-looking, albuminous and of high specific gravity.

Causes—The effects of fever, especially *scarlet fever*, exposure to wet and cold, the action of irritating drugs, alcohol, etc.

In the chronic form there is debility, general impairment of the health and pallor of the surface, coming on insiduously, with pain in the loins and frequent desire to pass water, particularly at night, the urinary secretion being at first increased in quantity. The patient's face becomes pallid, pasty and swollen, so that his features are flattened, and there is loss of appetite, acid eructations, nausea and frequent sickness, which nothing in his diet can account for.

Remedies—1. In many instances unfermented cider, taken three times a day, has been very efficacious in this disease. The malic acid of the cider exerts a salutary influence on the diseased kidneys.

2. An infusion of equal parts of peach-leaves and queen-of-the-meadow, taken freely, two or three times a day, is likewise a very valuable remedy. In this, as in other diseases, the less strong and powerful medicine the patient takes, "the better off he will be."

Dr. Schmidt says he has obtained the most brilliant result by an exclusive milk-diet, when all other treatment had failed. An adult will sometimes take as much as a gallon in the twenty-four hours. It may be given cold or tepid, and from half a pint to a pint at a time. A preponderance of vegetable food, which makes less demand upon the secretory function of the kidneys than nitrogenous products, is likely to facilitate the success of remedial measures.

Accessory Treatment—In the acute disease, warm baths or vapor baths should be had recourse to early, to promote the functions of the skin, lessen the dropsy, and to carry off from the blood deleterious matters, which

may be retained in it by inaction of the kidneys. Vapor baths are preferable to warm baths, because they can be used at a higher temperature. The action of the bath may be much prolonged, and the bath, in consequence, rendered more efficacious, in the following manner: The patient is enveloped to the neck in a sheet wrung out of warm water, and three or four dry blankets are closely folded over it. He should be afterwards quickly dried, and wrapped up in blankets. If there be much debility, warm baths should be employed with discretion. Further, to favor the free action of the skin, warm clothing—flannel and woolen garments—should be added, and chills and draughts guarded against. In chronic or convalescent cases, a healthy residence is necessary, including a sandy soil and mild, dry air, so that out-of-door exercise may be taken. Patients with symptoms of Bright's disease should be encouraged to take abundance of open-air exercise as long as strength permits, chills and fatigue being guarded against. Bathing or cold sponging, and friction with a sheet or bath towel, tend to arrest the disease and invigorate the health. By such means, patients suffering from chronic disease of the kidneys may live for years, enjoying the pleasures and fulfilling the duties of life.

KIDNEY-DISEASE, OR INFLAMMATION OF THE KIDNEYS.

Disease of the kidneys may be distinguished from colic and other similar affections, by the pain being seated far back, and by the urine being of a deep-red color,

voided frequently, and in small quantity at a time ; and it may be known from rheumatism by the pain not being much increased by motion.

From the inflammation attending the gravel or stone, this complaint may be known by the fever which attends it from the first, and by the absence of some of the symptoms attending the gravel, such as numbness of the thigh, drawing up of the testicle, etc.

The causes which give rise to disease of the kidneys are, external bruises, strains of the back, acrid substances conveyed to the kidneys in the blood, violent and severe exercise, either in riding or walking, and exposure to cold.

This disease is attended with a sharp pain on the affected side, with much difficulty in passing urine ; the bowels are costive, the skin is hot, the patient feels great uneasiness when he attempts to walk or sit upright, he lies with most ease on the affected side.

Remission of the pain and fever, followed by a copious discharge of high-colored mucous urine, universal sweating, or a flow of blood from the *hemorrhoidal* veins, passed in the stools, are favorable symptoms.

Remedies—1. Take half a teacupful, three times a day, of a tea made of sheep-sorrel. It may be relied on as prompt and effectual, when the *accessory measures* hereafter given are, at the same time, complied with.

2. Another excellent means for the relief of this disease, is to take essence of peppermint, in half teaspoonful doses, with a little water, three times a day. This remedy alone has often cured inveterate cases of kidney-disease, that had baffled medical skill for months in succession.

3. The following comes to us from the Pacific Coast,

highly recommended: A tea made of sycamore-bark, given in doses of two or three tablespoonfuls, three times a day.

4. Take, of

Marshmallow..... 3 ounces.

Queen of the meadow..... 3 ounces.

Add four quarts of water, and boil to one; then add two ounces of gum-Arabic and half an ounce of pulverized nitre.

Dose, a teacupful four or five times a day.

This is an excellent remedy in inflammation of the kidney. It is also useful in the treatment of inflammation of the bladder, bloody urine and other urinary diseases.

Accessory Treatment—To relieve the pain, hot fomentations of hops and stramonium-leaves, or of hops and tansy, may be applied over the region of the kidney, and these should be renewed frequently. In very violent cases, cupping over the part has been found efficacious. Mustard may be applied along the lower half of the spinal column, previous to the use of the fomentations. The hot sitz-bath will be found very advantageous; or seat the patient in a tub of hot water, put his feet in a bucket of hot mustard-water, with a blanket drawn close around him, including his feet.

In addition to these measures, mucilaginous diuretic infusions must be freely drunk after the more active inflammation has been subdued, as an infusion of marsh-mallow-root and peach-leaves or flax-seed, which will be found to have an excellent influence in lessening the inflammation. Other diuretics will be found of efficacy, as infusion of cleavers, or elder-blows.

The above treatment should be persevered in daily, until the inflammation is subdued, or begins to subside.

The patient should be kept quiet and free from excitement: his diet, during the inflammatory stage, should

consist only of mucilaginous drinks, as infusion of flax-seed, gum-Arabic water. And great care must be taken, during convalescence, not to allow at too early a period a more stimulating food.

In the treatment of this disease, emetics and cathartics should not be employed; for in this, as well as many other diseases, patients are often vomited and purged into eternity.

MORTIFICATION.

Symptoms—If it supervene on inflammation, there will be acute and constant pain, great anxiety, often delirium, followed by a sudden cessation of all inflammatory symptoms. The part before tense now becomes flaccid, of a livid color, losing its heat and sensibility. Blisters are formed, under which appear brown spots. The parts soon become black and acquire a fetid smell. If the event proves favorable, the mortified portion is completely surrounded by a white line, about which pus (matter) is formed. The dead part now loosens and sloughs out, leaving a suppurating ulcer. If, on the contrary, the termination be fatal, the mortification rapidly extends; great constitutional irritation arises; the pulse becomes small, rapid and irregular; there is a fixed flush on the countenance, with great anxiety and prostration of strength; and death soon ensues.

Mortification is sometimes produced without previous inflammation, by blood-vessels choked by pressure, long-

continued cold, long-continued pressure, violent bruises, debility, etc.

Treatment—When inflammation has been properly treated, it will seldom or never terminate in mortification. But, when called to treat it, our object should be to arrest and prevent any further extension of it by means both local and constitutional. If it be connected with, or dependent on, inflammation, means must be taken to subdue that inflammation. If debility of the system has been a predisposing cause, it must be remedied by a more wholesome regimen, and the strength of the patient be supported by stimulants and nutritious diet. Tonics also should be administered, and a glass of *yeast* three or four times during the day.

Local Applications—When blisters or *vesicles* appear upon the part, showing a disposition to gangrene, or when sloughing actually takes place, the following poultice will separate the living from the dead parts, and put a speedy check to it: Take *yeast*, a sufficient quantity; stir in *slippery-elm bark*, to form a poultice of the proper consistence; apply tepid, and often renew. This will correct the fetor of the parts, and assist the powers of nature to separate the mortified from the living flesh. I have not known this application to fail in a single instance, except in one case of dry mortification, from which a person seldom recovers.

The mortified limb must be bathed three times a day in *warm, weak lye*, one hour each time. The application of a *lye-poultice* has proved a sovereign remedy in mortification, as well as in *lock-jaw*. It is not only well calculated to prevent, but to cure it when it has taken place. After having been applied a short time, it has often separated and detached large portions of mortified flesh, and brought about a healthy

action. The *elm-bark* should be mixed in *leeches*, *warm lye*, and applied tepid.

Dr. Ferris, who was noted for a successful method of treating mortification, made use of the following poultice: Scraped carrots and spikenard-root, bruised; boil till soft; stir in a small quantity of Indian or oatmeal, and apply warm. I have used this poultice but little, and, therefore, cannot speak with much certainty of its effects; but in one very difficult and critical case of inflammation, bordering on gangrene, it changed the character of it, and was attended with a good effect.

Remedies—1. A variety of articles is used as external applications in cases of mortification of wounded or ulcerated parts. A poultice of charcoal and yeast, or of the bark of sassafras pounded fine, or smart-weed bruised, boiled and thickened with corn-meal, with the addition of a small quantity of Cayenne to either poultice, will be found very valuable remedies to prevent or check mortification. A poultice made of the bruised root of the wild indigo, boiled and thickened with corn-meal, has also been highly recommended as an application to mortified parts. The addition of a little capsicum, it is very probable, would increase the antiseptic power of this poultice as well as the others; though either would be highly valuable without it.

2. Dr. Beach highly recommends the use of an alkali-poultice, made by mixing the pulverized bark of slippery elm with weak lye, until of the proper consistence, and applying it moderately warm to the affected part.

The poultices should be frequently renewed, and at each renewal the ulcer ought to be washed with soap-suds, then with a tea of witch-hazel leaves, white pond-lily, dewberry, or some other astringent article, and lastly,

with the compound tincture of myrrh; when a fresh poultice must be immediately applied.

3. A tea of the wild indigo, taken internally, is highly recommended by Dr. Thacher, as being valuable in mortification, either internally or externally applied. He recommends the tea to be taken internally, at the same time that the poultice is applied externally.

4. The free use of pyroligneous acid to the part, and a poultice, composed of pulverized alum, yeast and charcoal, will arrest nearly every case of gangrene and mortification.

MELANCHOLY, OR HYPO (Hypochondriasis).

This is a functional disorder of the nervous system, attended with exaggerated ideas or depressed feelings, but without actual disorder of the intellect.

Causes—Hereditary influences are potent and common; a taint of insanity, or other grave, nervous disease, may be generally traced in near or remote ancestors. The development of the disease is usually in connection with the conditions of middle life, especially indolence and luxury; or, on the other hand, with anxiety and conscious failure in efforts to provide for relations and dependents. Severe shocks of a moral or emotional nature may give rise to the malady. The patient's complaints may, however, be not merely *fanciful*, but due to actual disease. Organic diseases of the liver or stomach are especially likely to evoke the symptoms of this disease, or they may arise, or be excited into new action, by a concurrent

morbid process. The statements and symptoms of a hypochondriac should therefore be carefully examined.

Symptoms—The patient imagines himself, without sufficient ground, the subject of some serious disease, and is often haunted with the dread of insanity or of death. Frequently, at first, the patient considers himself dyspeptic from the fact that he is troubled with flatulence, has a furred tongue, foul breath, irregular appetite and generally obstinate constipation. After a time he complains of a gnawing or burning pain, of uneasiness at the pit of the stomach, or of more serious disease. He has great hope of getting rid of his malady, and strong faith, notwithstanding repeated failures, in treatment. Afterwards, from attention being directed to particular organs, functional disturbances arise—flushes, palpitation, suppression of bile or bilious diarrhea; symptoms which tend to confirm the belief that organic disease exists.

Treatment—Of all the remedies for this disease, that which is most important is, active employment out of doors. The human body was made for motion. The open, fresh air is very important to restore the system to a sound condition. Temperance, both in eating and drinking, will do much for this class of patients. Amusements are very important. Lively company, cheerful and witty conversation, with mirth and laughter, are to be sought for; so are hunting, fishing, riding and traveling. Never allow these patients to be alone, and to have time to brood over their misery. See that they go early to bed, and rise betimes in the morning. The warm bath, the cold shower or sponge-bath, with brisk friction, are not, on any account, to be omitted. The diet should be light, nutritious and generous; but fats, acids, liquors and coffee must be forbidden. If there be costiveness, let the patient eat cracked wheat. A bowl of motherwort-tea, with half

a teaspoonful of spirits of camphor in it, will do well in fits of fainting, when there is a sensation of dying.

MILK-SICKNESS.

This complaint is supposed to arise from some poison eaten by cows, which is communicated to the milk and butter. When this is taken into the stomach, the annexed symptoms follow: Sometimes languor and lassitude are felt for some days previous to the attack of this disease, with putrid tongue and very offensive breath; at other times it comes on suddenly, with severe vomiting, thirst, burning at the pit of the stomach, obstinate costiveness, etc. The cattle that eat it quiver, stagger and die within a few hours. It often proves fatal to man and beast.

Remedies—1. To check the obstinate vomiting, which is a common symptom of this complaint, give the patient one-tenth to one-fourth grain doses of ipecac, dry, on the tongue, repeating every half-hour or hour. This remedy will almost invariably relieve him of this distressing symptom, so that his stomach will be able to retain other remedies, which it may be necessary to administer.

When ipecac is not at hand, or cannot be obtained, other measures must be adopted.

2. Add bruised peach-leaves to cold water, and take it as a drink, in small quantities.

3. The following is another good preparation: Lime, slaked or unslaked, one-half an ounce; water, half a pint. Mix, and let stand two hours. Pour off the clear

liquor, and to this add two-thirds of a teacupful of milk. This will be kept on the stomach when everything else is rejected. Dose, a tablespoonful every twenty or thirty minutes.

4. A mustard-plaster may be applied to the stomach, and perspiration promoted. Should vomiting continue, a teaspoonful of *salt* can be given every two hours, in equal parts of hot water and vinegar; *toasted-bread* water and *mint*-tea are good. Dr. Jones highly recommends *smart-weed* tea.

5. In this disease obstinate constipation prevails, which should be removed by injections of a tea of the butternut-bark or twigs, or of castor-oil, or hogs' lard and warm water, occasionally adding about the fourth of a teaspoonful of Cayenne, and administering in large quantity, as by this means the hardened *feces*, contained in the *rectum*, will be more readily dissolved and carried out of the system. There will also be an advantage, on this account, in retaining the injections until several of them are administered.

Charcoal has of late been highly extolled as a remedy in costiveness, and is said to open the bowels when other remedies fail.

6. It is believed that the following mixture, given in two-teaspoonful doses, every time the nausea and burning sensation are felt, is the most effectual remedy yet used:

Take, of

Rhubarb (pulverized).....2 scruples.

Salaratus do.....2 “

Peppermint-plant do.2 “

Add half a pint of boiling water, and sweeten with loaf or white sugar.

Accessory Measures—The stomach should not be

overloaded with any food or drink whatever during the treatment. If diet be required, it should be of the mildest and least irritating nature, as thin Indian-meal gruel, barley-water, toast-water, rice-water, etc.

DIVISION FIFTH.

GENERAL DISEASES CONTINUED—NERVOUS, ETC.

NERVOUS DISEASES.

Of all diseases incident to mankind, those of the nervous kind are the most complicated and difficult to cure. A volume would not be sufficient to point out their various symptoms. They imitate almost every disease, and are seldom alike in two different persons, or even in the same person at different times. Proteus-like, they are continually changing shape, and upon every fresh attack the patient thinks he feels symptoms which he never experienced before. Nor do they only affect the body; the mind likewise suffers, and is often thereby rendered extremely weak and peevish. The low spirits, timorousness, melancholy and fickleness of temper, which generally attend nervous disorders, induce many people to believe that they are entirely diseases of the mind; but this change of temper is rather a consequence than the cause of nervous diseases.

Causes—Everything that tends to relax or weaken the body disposes it to nervous diseases; as indolence, excessive venery, drinking too much tea or other weak,

watery liquors, frequent bleeding, purging, vomiting, etc. Whatever injures the digestion, or prevents the proper assimilation of the aliment, has likewise this effect; as long fasting, excess in eating or drinking, the use of windy or gaseous, crude or unwholesome aliments, an unfavorable posture of the body, etc.

Nervous disorders often proceed from affections of the mind; as grief, disappointments, anxiety, intense study, etc. Indeed, few studious persons are entirely free from them. Nor is this at all to be wondered at; intense thinking not only preys upon the spirits, but prevents the person from taking proper exercise, by which means the digestion is impaired, the nourishment prevented, the solids relaxed, and the whole mass of fluids vitiated. Grief and disappointment likewise produce the same effects. I have known more nervous patients who dated the commencement of their disorders from the loss of a husband, a favorite child, or from some disappointment in life, than from any other cause. In a word, whatever weakens the body or depresses the spirits may occasion nervous disorders; as unwholesome air, want of sleep, great fatigue, disagreeable apprehensions, vexation, etc.

Symptoms—We shall only mention some of the most general symptoms of these disorders, as it would be both a useless and impracticable task to point out the whole. They generally begin with windy inflations or distensions of the stomach and intestines; the appetite and digestion are usually bad, yet sometimes there is an uncommon craving for food and a quick digestion. The food often turns sour on the stomach, and the patient is troubled with vomiting of clear water, tough phlegm, or a blackish-colored liquor resembling the grounds of coffee. Excruciating pains are often felt about the navel, attended with a rumbling or murmuring noise in the bowels; the bowels

are sometimes loose, but more commonly bound, which occasions a retention of wind and great uneasiness.

The urine is sometimes in small quantity, at other times very copious and quite clear. There is a great straitness of the breast, with difficulty of breathing, violent palpitations of the heart, sudden flushings of heat in various parts of the body; at other times a sense of cold, as if water were poured on them, flying pains in the arms and limbs, pains in the back and abdomen, resembling those occasioned by gravel, the pulse very variable, sometimes uncommonly slow and at other times very quick; yawning, the hiccough, frequent sighings, and a sense of suffocation, as if from a ball or a lump in the throat; alternate fits of crying and convulsive laughing; the sleep is unsound and seldom refreshing, and the patient is often troubled with the nightmare.

As the disease increases, the patient is molested with headaches, cramps, and fixed pains in various parts of the body; the eyes are clouded and often affected with pain and dryness; there is a noise in the ears and often a dullness of hearing; in short, the whole animal functions are impaired. The mind is disturbed on the most trivial occasions, and is hurried into the most perverse commotions, inquietudes, terror, sadness, anger, diffidence, etc. The patient is apt to entertain wild imaginations and extravagant fancies, the memory becomes weak, and the reason fails.

Nothing is more characteristic of this disease than a constant dread of death. This renders those unhappy persons who labor under it peevish, fickle, impatient, and apt to run from one physician to another, which is one reason why they seldom reap any benefit from medicine, as they have not sufficient resolution to persist in any one course till it has time to produce its proper effects. They

are likewise apt to imagine that they labor under diseases from which they are quite free, and are very angry if any one attempts to set them right or laugh them out of their ridiculous notions.

Diet, Treatment, Etc.—Persons afflicted with nervous diseases ought never to fast long. Their food should be solid and nourishing, but of easy digestion. Fat meats and heavy sauces are hurtful. All excess should be carefully avoided. They ought never to eat more at a time than they can easily digest; but if they feel themselves weak and faint between meals, they ought to eat a bit of bread and butter and drink a glass of water. Heavy suppers are to be avoided. Everything that is gaseous or hard of digestion must be avoided. All weak and warm liquors are hurtful, as tea, coffee, punch, etc. People may find a temporary relief in the use of these, but they always increase the malady, as they weaken the stomach and hurt digestion. Above all things, drams are to be avoided. Whatever immediate ease the patient may feel from the use of ardent spirits, they are sure to aggravate the malady, and prove certain poisons at last. These cautions are the more necessary, as most nervous people are peculiarly fond of tea and ardent spirits; to the use of which many of them fall victims.

Exercise in nervous disorders is superior to all medicines. Riding on horseback is generally esteemed the best, as it gives motion to the whole body without fatiguing it. I have known some patients, however, with whom walking agreed better, and others who were most benefited by riding in a carriage. Every one ought to use that which he finds most beneficial. Long sea-voyages have an excellent effect; and to those who can afford to take them, and have sufficient resolution, we would by all means recommend this course. Even change of place and the

sight of new objects, by diverting the mind, have a great tendency to remove these complaints. For this reason, a long journey or a voyage is of much more advantage than short journeys near home.

A cool and dry air is proper, as it braces and invigorates the whole body. Nothing tends more to relax and enervate than hot air, especially that which is rendered so by great fires or stoves in small apartments. But when the stomach or bowels are weak, the body ought to be well guarded against cold, especially in winter, by wearing a thin flannel-waistcoat next the skin. This will keep up an equal perspiration, and defend the alimentary canal from impressions to which it would otherwise be subject, upon every sudden change from warm to cold weather. Rubbing the body frequently with a flesh-brush or a coarse linen cloth is likewise beneficial, as it promotes the circulation, perspiration, etc. Persons who have weak nerves ought to rise early and take exercise before breakfast, as lying too long in bed cannot fail to relax the solids. They ought likewise to be diverted, and to be kept as easy and cheerful as possible, as nothing hurts the nervous system or weakens the digestive powers more than fear, grief or anxiety.

Medicines—Though nervous diseases are seldom radically cured, yet their symptoms may be alleviated, and the patient's life rendered, at least, more comfortable, by proper medicines.

When the patient is costive, see article on "Constipation." All strong and violent purgatives are to be avoided, as aloes, jalap, etc.

When digestion is bad or the stomach relaxed and weak, an infusion of the Peruvian bark may be used with advantage.

Another very valuable remedy, for this difficulty, is to

make a tea of equal parts of chamomile-flowers and lady's slipper, and drink it twice a day, for a considerable length of time.

Few things tend more to strengthen the nervous system than bathing. This practice, if duly persisted in, will produce very extraordinary effects. But when the liver or other viscera are obstructed, or otherwise unsound, the cold bath is improper. The best seasons for it are summer and autumn. It will be sufficient, especially for persons of a spare habit, to go into the cold bath three or four times a week. If the patient be weakened by it, or feels chilly for a long time after coming out, it is improper.

In patients afflicted with flatulence or wind, I have always observed the greatest benefit from the elixir of vitriol. It may be taken in the quantity of fifteen, twenty or thirty drops, twice or thrice a day, in a glass of water. This expels wind, strengthens the stomach and promotes digestion.

Opiates are greatly extolled in these maladies; but as they only palliate the symptoms, and generally afterwards increase the disease, we would advise people to be extremely sparing in the use of them, lest habit render them at last absolutely necessary.

It would be an easy matter to enumerate many medicines which have been extolled for relieving nervous disorders; but whoever wishes for a thorough cure must expect it from regimen alone. We shall therefore omit mentioning more medicines, and again recommend the strictest attention to diet, air, exercise and amusements.

NEURALGIA.

Symptoms—This is a disease of the nervous system, and the symptoms consist of severe paroxysms of pain, of a purely nervous character. The pain is generally very severe, more or less darting, and sometimes burning, tearing, aching and beating. In some cases, it causes the patient to start suddenly, and spasmodic twitchings of the muscles are not uncommon. Sometimes there is tenderness of the part, on pressure, especially on slight pressure, while hard pressure often affords partial relief; friction of the hand frequently relieves, when even strong pressure seems to increase the pain. The paroxysms may come and go suddenly or gradually, and may return several times a day, or only at long intervals, and may soon cease entirely, or continue to the end of life. The disease is not confined to any particular part of the body. Perhaps it most frequently attacks the head and face, and may be confined to one small spot, or extend over half of either. When extending over half the face, for example, the line of division between the well and diseased parts is defined with wonderful accuracy. When it is in the nerves of the jaws and teeth, it causes one of the most distressing and unendurable forms of toothache. The eyes, temples, heart, spine and stomach are not unfrequently attacked, and it frequently shifts from one to another.

Causes—Very little is known of the causes of neuralgia, but it would seem that it may be brought on by whatever tends to impair or lower the vitality of the system, such as exposure to cold or damp, excessive fatigue, intemperance in stimulants, excesses of every kind, especially sexual excesses and abuses, idleness and the want of pure air and sunlight. Among other assigned causes are,

decay of teeth, malaria, sleeplessness, anxiety, insufficient nourishment, and, it is said, also, to be hereditary.

It is important, for those who are afflicted with neuralgia, to be prepared with a list of the best remedies, all of which we have given, and, with their judicious use, people will not long suffer with this distressing malady.

Remedies—1. Take half a teaspoonful of sal ammonia and four tablespoonfuls of camphor-water. Mix. And, of this, give one teaspoonful for a dose. Repeat several times, at intervals of ten minutes, if the pain be not relieved at once, and very speedy relief will be afforded, as many neuralgic patients can attest.

In one instance, the sufferer, a lady, had been subject to intense pain for nearly a fortnight, her physician not being able to afford her relief. When this remedy was administered, it cured her in a few minutes. Camphor-water may be prepared by adding one teaspoonful of the strong spirits of camphor to half a teacupful of water, and stirring well together.

2. The following is a new remedy, and one that is reputed to be of superior efficacy in the cure of neuralgia. In fact, it is regarded as an effectual cure in this disease. It is the sulphate of nickel. Have the druggist prepare it for you, by rubbing one grain of it in a mortar, with nine grains of sugar of milk. If this cannot be obtained, use loaf-sugar. When these are well ground together, the medicine is ready for use. One dose is often sufficient to relieve the severest paroxysm of pain. If it should not do so, it may be repeated every one or two hours, until the pain ceases. The dose is one or two grains.

Prof. Hale also reports, “Many very grave cases of neuralgia cured by it. I have used it in several very old cases of neuralgia, and have been utterly aston-

ished to see how readily it relieves that most excruciating malady, especially if it is of a periodical character."

3. The following is the celebrated German remedy for neuralgia; it can scarcely be extolled too highly:

Bruise the leaves of the common field-thistle, and use as a poultice to the parts affected. Drink, also, a wineglassful of a tea, made from the leaves of the same, three times a day.

4. Blue-Gum Remedy—Apply a fomentation of the leaves of the blue gum (*Eucalyptus*). It will generally give relief to the most distressing cases; and, it is said, on the Pacific Coast, where it grows abundantly, that the persevering use of it, together with a tablespoonful of the tea made of the same, and taken twice a day, will often result in a radical cure of this disease.

5. Salt Remedy—Prof. J. H. Bundy says,

Take one quart of water and half a pint of salt. Add the salt to the water, while boiling. Apply warm constantly. I cured a lady, says the doctor, of neuralgia of the hip, of seventeen years' standing, after all other treatment had failed. I now use it more frequently and successfully than any other remedy, in the medical management of neuralgia.

Sciatica—Sciatic neuralgia is, perhaps, the severest form of the disease, and often stubborn to cure. Apply an electric current from the hip to the toes, for thirty minutes. With many persons, it will afford prompt relief.

In sciatica, the large nerve of the hip is the seat of the disease.

Accessory Treatment—When the pain is excessively severe, and does not yield promptly to internal remedies, an *aconite-lotion* may be tried, and is often quickly successful. It is prepared by adding about a dozen drops of the strong tincture of *aconite* to four tablespoonfuls of water, and may be applied hot or cold, as found most

agreeable to the patient, by means of two or three folds of linen. Or *belladonna* may be used in the same way. Painting the course of the nerve with the pure tincture of *aconite* or *belladonna* is often even more prompt in its action.

Chloroform-liniment is also recommended as a local remedy.

It is all-important that the patient change his manner of living, so as to conform strictly to the laws of health; otherwise remedies will do little more than palliate his sufferings. The great essentials for health and life are sunlight, pure air, regular, active exercise, and plain, wholesome food and drink, free from stimulants and stimulating condiments. Patients who persist in shunning the light of the sun and active exercise, and live in the confined air of over-heated rooms, and eat superfine flour-bread, need not expect to be cured of neuralgia. Individuals afflicted with this disease should consult the article on "Condiments," and also that on "Bread and its Preparation," from which valuable information may be obtained.

The following, in reference to diet, is given by a distinguished English author:

The *diet* is an important part of the treatment, and should be as nutritive and abundant as the condition of the digestive organs will permit. It is especially necessary that *animal fats* should enter largely into the diet, and any aversion to them on the part of the patient, or inability to digest them, should be overcome; well-directed efforts of this nature are nearly always successful. The particular form of fat is not important, and that variety may be adopted which can be best tolerated. *Cod-liver oil*, butter, cream, or even olive-oil, should be used in quantities as large as the digestive organs can bear. In some way or other, fat must undoubtedly be applied to the nutrition of the nervous system if it is to be maintained in its organic integrity, since fat is one of the most important, if not *the* most important, of its organic ingredients. * * * To Dr. Radcliffe, belongs the merit of having been chiefly instrumental in bringing forward this therapeutic

tical fact in this country, and it is one which I have had repeated occasions to verify. See page 458, vol. ii.

NIGHTMARE.

In this disease the patient, in time of sleep, imagines he feels an uncommon oppression or weight about his breast or stomach, which he can by no means shake off. He groans, and sometimes cries out, though oftener he attempts to speak in vain. Sometimes he imagines himself engaged with an enemy, and, in danger of being killed, attempts to run away, but finds he cannot. Sometimes he fancies himself in a house that is on fire, or that he is in danger of being drowned in a river. He often thinks he is falling over a precipice, and the dread of being dashed to pieces suddenly awakes him.

This disorder has been supposed to proceed from too much blood ; from a stagnation of blood in the brain, lungs, etc. But it is rather a nervous affection, and arises chiefly from indigestion. Hence we find that persons of weak nerves, who lead a sedentary life, and live full, are most commonly afflicted with the nightmare. Nothing tends more to produce it than heavy suppers, especially when eaten late, or the patient goes to bed soon after. Wind is likewise a very frequent cause of this disease ; for which reason those who are afflicted with it ought to avoid all flatulent food. Deep thought, anxiety, or anything that oppresses the mind, ought also to be avoided.

Treatment—Persons may free themselves from this

difficulty by removing acidity of the stomach. They should not use food that is difficult of digestion, and should not eat late and heavy suppers; take regular exercise daily, keep lively company, and be temperate. These are important measures and should be attended to. They should not lie on the back, and should have some one remain near them, so that they can be immediately awakened on their moaning; for the sooner a person is roused from a paroxysm of nightmare, the better. Where persons are subject to nightmare, from flatulency and acidity of the stomach, the following, taken before retiring at night, will usually prevent an attack: Essence of peppermint, five drops; baking soda, one-fourth teaspoonful; mix, and take at a draught.

POLYPUS.

Polypus is generally located either in the nose, ear, throat, womb or rectum.

When it is located in the nose, there is a nasal sound in the voice; the patient acquires the habit of keeping his mouth open to facilitate breathing; there is difficulty of swallowing liquids; the nose is enlarged externally on the affected side, and on looking up the nostril the polypus may be seen. In consequence of the stuffy symptoms which a polypus occasions, it may at first be mistaken for a cold in the head. But on the nose being violently blown, the polypus descends and appears near the orifice, causing the obstruction to return, contrary to the usual result of such an operation.

Remedies—1. For this difficulty, let the patient procure, at the drug-store, about two teaspoonfuls of powdered blood-root, and snuff a little up the nostril containing the polypus, several times a day.

If taken in the early stages, when the growth is but small, polypus may be easily cured in this way, and with but little pain or inconvenience.

If it cannot be sufficiently applied to the tumor by snuffing, it must be applied in some other way. The powder must be freely applied to the fungous growth in the nose. It may be applied with a rag wrapped on a probe of any kind, by wetting the rag and then dipping it into the powder.

2. Where the tumor is quite large, and this method does not prove effectual, it may be necessary to introduce a pair of forceps, seize the tumor as far up as possible, and compress so hard as to disorganize it; or by turning the forceps to twist it off, and afterward apply the powder to prevent a re-growth. •

3. It is said that powdered poke-root has been used with similar results to that of blood-root.

4. Another method of removing polypus is by tying a string, or ligature, around its neck, which will cause it to fall off in a short time.

The womb is sometimes affected with polypus, giving rise to frequent discharges of blood, and when large, occasioning bearing-down sensations, a fetid, vaginal discharge, and a gradual failure of the general health. In such cases, the female should at once apply for aid; and none but a medical man should treat the case.

NIGHT-SWEATS.

Remedies—1. When the herb called five-finger (*Potentilla Canadensis*), which grows plentifully in most parts of the country, is employed, it is seldom that any other remedy is needed. It is effective and prompt in its action, in this difficulty.

It is to be taken freely, in decoction, either boiled in water or in milk.

2. The elixir of vitriol is an excellent remedy for night-sweats. Fifteen drops, three times a day, should be taken in a little water.

3. The juice of the lemon is another cure for this difficulty. Take the juice of two, of ordinary size, in divided doses, during the day.

4. Sage-tea is an old, yet a popular remedy, for night-sweats. It should be taken cold, twice a day.

5. The body should be sponged at the hour of retiring, with vinegar and water, alum dissolved in whisky, or some similar astringent wash.

6. The night-sweats of consumption are often modified and sometimes removed by rubbing hog's lard into the skin every night, if sleeping in the same woolen night-shirt, which becomes impregnated with the oil.

PALSY (Paralysis).

Palsy is a disease principally affecting the nervous system, characterized by a loss or diminution of motion or feeling, or of both, in one or more parts of the body.

When one entire side of the body, from the head downward, is affected, it is distinguished among professional men by the name of *Hemiplegia*. If the lower half of the body be attacked by the disease, it is named *Paraplegia*; and, when confined to a particular limb or set of muscles, it is called a paralysis.

Causes—This complaint may arise in consequence of an attack of apoplexy, or by anything which prevents the passage of the nervous power or influence, from the brain to the organs of motion; and also by pressure on the nerves, in consequence of dislocations or fractures of the bones, wounds or other external injuries. It is also caused by the handling or using of white lead, as in painting; by the poisonous fumes of metals, and by whatever has a tendency to relax, weaken or enervate the body; hence those who lead a sedentary, luxurious and irregular life, or such as are engaged in intense studies or labor under great distress or anxiety of mind, are subject to palsy.

Symptoms—Palsy usually comes on with a sudden and immediate loss of the motion and sensibility of the parts; but in a few instances it is preceded by a numbness, coldness and paleness, and sometimes by slight convulsive twitches. When the head is much affected, the eye and mouth are drawn on one side, the memory and judgment much impaired, and the speech is indistinct and incoherent. If the disease affects the extremities, and has been of long duration, it not only produces a loss of motion and sensibility, but likewise a considerable flaccidity and wasting away in the muscles of the parts affected.

The attack of it is sometimes unexpected, but more commonly, it is preceded for several days; or even weeks, by one or more of those symptoms formerly described as

the forerunners of apoplexy ; such as giddiness, drowsiness, numbness, dimness of sight, failure of the powers of mind, forgetfulness, transient delirium or indistinctness of articulation. For the most part, the paralytic seizure is sudden ; but occasionally the approaches of the disease are made more slowly ; a finger, a hand or an arm, the muscles of the tongue, of the mouth or of the eyelids, being first affected.

Remedies—1. It will generally be necessary to make use of injections, for the bowels are usually much constipated, and sometimes the lower portion of the body is so paralyzed that purgatives will not act upon them. Take a tablespoonful of common salt, a gill of lard or sweet oil, and a pint of boiling water. As soon as cool enough, use half of it, by means of a large syringe, and the balance after the first has passed away. This will induce evacuation, if anything will.

2. In recent cases, keep the parts affected well covered with flannels, and use a great amount of friction with the hand. And also rub them three times a day, with a stimulant made of salt and Cayenne, infused in vinegar.

3. The Indian hemp (*Apocynum Cannabinum*) is an excellent remedy in all paralytic affections. The best way to use it, is in the form of decoction. One ounce of the powdered or bruised (dry) root may be steeped for an hour in one pint of water, and the patient take two tablespoonfuls three times a day. It is also used in extract, the dose of which is three grains, once a day.

4. Electricity is a remedy almost universally employed in the cure of palsy, and often with the happiest effect. It ought, however, to be used with care, applying it only in slight shocks, often repeated. It is also recom-

mended not to apply it to the head; as it is supposed that danger might arise from its application to that part.

Galvanism has likewise been employed and highly extolled in the treatment of this complaint.

5. *Nux vomica* is a medicine that often exerts great power, and has a positive curative influence on many forms of paralysis, and, in recent cases, produces very prompt results in the more chronic forms of this disease. However, its use may have to be persevered in for some time, with such other auxiliary measures as may, from time to time, be necessary or appropriate; but it may be relied upon as an efficient means to restore the patient to his former condition of health. It should be used in the form of the tincture, five drops of which should be added to an eight-ounce bottle of water. Shake the contents well together, and it is ready for use. Dose, two teaspoonfuls, morning and evening. When improvement begins to appear, the medicine should be limited to once a day; then to every other day, and thus gradually discontinued, until the patient has entirely recovered.

Accessory Treatment—*Electricity* or *Galvanism*, as above stated, judiciously employed after the acute inflammatory symptoms have subsided, is an agent of great value. The cold *douche*, bathing with salt-water, or, if the patient be capable of the effort, sea-bathing, tends to promote the nutrition of the spinal marrow.

If the paralysis has been of some standing, and all pain, dizziness or irritation in the head has been removed, regular exercise of the part paralyzed becomes not less important than medicine. Let an assistant, two or three times a day, for a few moments, bend and extend the paralyzed limb or part, in every direction, and, if the muscles are contracted, gradually stretch them out; also, with the open hand, slap repeatedly the palsied part or limb, over its entire surface. After thus exercising the part for a few days, the patient, by an effort of his will, may try to assist in moving the weak part or limb, but he should never attempt to move it except when the assistant is moving it, until he

feels that he has gained sufficient control over the part to be able to move it readily, without assistance. As soon as the patient is able to move the part without assistance, let him exercise it regularly himself, two or three times a day, but never to the extent of fatigue, or until there is increased feeling of weakness. His assistant may continue to rub and slap the part; and, as strength returns, he may offer a little resistance to the movements of the patient, and this may be cautiously increased until the part becomes strong.—[*Dr. Ellis.*]

FALLING OF THE PALATE (Uvula).

Remedies—1. In cases of falling of the palate, use freely a strong decoction of white-oak bark, as a gargle. A little alum may be dissolved in it, to make it still more astringent. Or use, for the same purpose, a mixture of Cayenne pepper and vinegar, as sharp as can well be borne. This last is generally quite effectual.

2. In the first stages of this difficulty, the application of cold water is sometimes of great benefit. Envelop the throat with a napkin, dampened with cold water, and envelop this again with twice the thickness of dry cloths. This generally removes the trouble in a short space of time.

3. Another means of relief, in this difficulty, is a strong tea, made of crane's bill, employed as a gargle, several times a day.

In many cases, a *lengthened palate* may be reduced to its natural size by means of astringent gargles and other things mentioned above, but it will generally return, again and again, upon the appearance of any fresh cold;

and, therefore, the most certain cure is to cut it off. To do this, take hold of it with a pair of common forceps, and, having stretched it down a little, clip it off above the forceps with a pair of curved scissors; or straight scissors may answer the purpose. Nearly the whole of it should generally be removed. To take off only a part of it, leaves a stump, which is often more objectionable than the whole organ. Its removal never injures the speech in the least.

PILES (Hemorrhoids).

Causes—The *predisposing causes* are, *sedentary and indolent habits; luxurious living*, especially the use of highly seasoned food, wines and spirits; tight lacing; pregnancy; confined bowels; and diseases of the liver. Residence in moist, warm and relaxing climate; soft, warm beds or cushions, and over-excitement of the sexual organs, may also be classed among predisposing causes. The *exciting causes* include anything which irritates the lower bowel, such as straining at stool, hard riding, and the use of strong purgatives, especially *aloes* and *rhubarb*.

Symptoms—A sensation of fullness, heat, and perhaps itching is felt about the anus. The swelling increases until small tumors form, which are sore and painful. These may be external and visible or internal, and are often of a bluish color, and when inflamed they are very sore and painful to the touch. There is frequently a discharge of blood, especially from internal piles, and such discharges often return repeatedly until a habit is established, and

there is a feeling of fullness before and relief after such discharges.

Piles that do not bleed are called *blind*; this variety is apt to take on inflammation, when they become full, appear ready to burst, and are so very sensitive that the patient can scarcely sit, walk or lie.

Remedies—1. In the early stages of this disease, the stone-root (*Collinsonia Canadensis*) is an effectual and prompt remedy, and will often cure in the more advanced stages. Dose, of the fluid extract, from twenty to thirty drops; of the tincture, the same, three times a day. These preparations can be procured at all drug-stores, and may be taken in a little honey or syrup.

This is a new remedy, but has proven an effectual and reliable one.

2. The Celebrated Black-Currant Remedy—Give the patient freely, three times a day, a decoction made in the winter, from the root of the black-currant; in the summer from the twigs. This remedy was first published in Europe by an aged physician, after retiring from practice, as the most successful remedy used in that country, for bleeding piles.

3. Dr. D. W. Raymond, of Cincinnati, says, "Equal parts, by weight, of tannin and glycerine, will cure the piles, and that very speedily, by anointing them with it once, and, in severe cases, twice a day."

4. The following is an old remedy, but a popular one with some medical authors: Give, morning and evening, eight to ten drops of the oil of Canada fleabane (*Erigeron Canadensis*), on a little sugar. When the piles are down, mix one part of this oil with four parts of castor-oil, and anoint them twice a day. This herb is known by the various names of Canada fleabane, horse-weed, butter-weed and pride-weed.

5. The following is a sovereign remedy, and is among those that are labeled "infallible," for the cure of either blind or bleeding piles, when perseveringly used. Take a quantity of the inner bark of the white oak; boil until the strength is obtained. Then boil again until a thick extract is made. To half a pint of this, add half a pint of the lard extracted from the oldest bacon that can be procured. Simmer them together until they are thoroughly blended. Then apply by the finger, introduced into the rectum, every night, until a cure is effected.

6. Dr. Hammond, of California, gives the simple remedy of common table-salt, as one that is unsurpassed for bleeding piles. (See "Medical Uses of Salt.")

7. In very obstinate cases, where other means have failed, the following may be used: Wash the parts four times a day with a very strong solution of *alum* and water; before they become dry, dust on powdered alum. E. Underhill found this to cure in several cases. Also, take a sufficient quantity of garden parsley and boil in sweet milk until reduced to a pulpy consistence; then strain, add lard, and boil to an ointment, which may be rubbed on the part affected. This has been known to have cured many.

8. Sometimes, when they have been neglected or improperly treated, they become so seated and enlarged that it is necessary to remove the tumors. Should this happen, or should not the above means be sufficient to remove the complaint, a piece of silk or thread may be passed round the largest tumor (after having been drawn down) and tied as tight as the patient can bear; and the knot may be occasionally drawn a little closer. This will stop the circulation in the tumor or tumors, and in about a week they will be separated and a radical cure effected.

I have removed pile-tumors by *ligature*, the *knife* and *caustic*, and have found the following treatment superior to the other methods: Take a piece or roll of *caustic potash* and cover it with paper or muslin, except the end, and carefully touch the tumor every day with it; keep the liquid, as it dissolves, from running down on the surrounding parts; after which apply an *elm-poultice*, with yeast. It usually bleeds some and leaves it black, and soon sloughs off. I have cured some very obstinate cases in this manner. I discovered this from analogy, or its effects on other flesh.

Accessory Treatment—Patients should avoid coffee, pepper, spices, stimulating, highly seasoned or indigestible food of every kind, and the habitual use of beer, wine and spirits. Light animal food, a liberal quantity of well-cooked vegetables, ripe and wholesome fruits, and brown-bread form the most suitable diet. During an attack of piles, animal food should be sparingly used. Over-eating or drinking causes engorgement of the portal vein, and piles are the common result. The application of this remark is self-evident.

If a patient expects a permanent cure of this disease, he must shun the causes which have produced it, or he can never obtain anything more than palliative relief from the best remedies.

Sedentary habits and much standing, on the one hand, and extreme fatigue on the other, are prejudicial; as is also the use of cushions and feather-beds. The pain attending *blind piles* may be relieved by washing in cold or tepid water, whichever is found more agreeable. *Bleeding piles* may be relieved by drinking half a tumblerful of cold water, and then lying down for an hour. The horizontal position should be maintained as much as

possible, that being most favorable to recovery. When piles protrude, the use of *petroleum-soap* is recommended.

Great relief and permanent benefit will also follow an occasional injection of about a pint of tepid water up the lower bowel. This acts beneficially, by constricting the blood-vessels, softening the feces before evacuation, and by giving tone to the relaxed structures. Injections of water are also of service after each evacuation, when any feculent matter remains; at the same time the application of water exercises a more favorable influence on the blood-vessels and nerves of the bowels. As a rule, tepid injections are most suitable for patients of a full habit of body, and cool ones for those of relaxed constitutions.

When piles are excessively sensitive or painful, the patient should sit over the steam of hot water, keep his bed or recline during a great part of the day on a couch. Strict cleanliness is also essential. The parts should be frequently washed with soap and cold water; or, when the tumors are inflamed and painful, with tepid water. A piece of sponge and tepid water should in such cases be substituted for paper. A warm or vapor-bath may be occasionally used at night, when the liver is inactive and the skin dry and harsh. It should be followed in the morning with a cold bath, or the body should be rapidly rubbed, first with a wet, cold towel, and then with a dry one.

Lie with the face downward, and sustain the weight of the body by the elbows and toes, resting on a sofa or bed, for a few moments, and then slowly raise the hips and lower them five or six times; this tends to relieve the congestion of the veins about the anus, and if repeated two or three times a day, is an excellent form

of exercise, not only for the piles, but also for falling of the bowels, as well as for falling of the womb.

The patient should carefully examine the article on "Condiments." See page 459, vol. ii.

PLEURISY (Pleuritis).

The true pleurisy is an inflammation of that membrane called *the pleura*, which lines the inside of the breast.

Causes—The pleurisy may be occasioned by whatever obstructs the perspiration, as cold, drinking cold liquors when the body is hot, sleeping without doors on the damp ground, wet clothes, plunging the body into cold water, or exposing it to the cold air when covered with sweat. It may likewise be occasioned by drinking strong liquors, by the stoppage of usual evacuations, as old ulcers, issues, sweating of the feet or hands, the sudden striking in of any eruption, as the itch, the measles or the small-pox. Keeping the body too warm by means of fire, clothes, etc., renders it more liable to this disease. Pleurisy may likewise be occasioned by violent exercise.

Symptoms—Pleurisy usually commences with chilly sensations, followed by heat and thirst. After a few hours the patient is seized with a sharp, acute pain in one side, which gradually extends toward the shoulder-blade, and toward the fore-part of the breast; the pain usually increases, and sometimes becomes very violent.

It may or may not be attended with coughing and expectoration. The matter that is coughed up is generally more or less mixed with blood.

Remedies—1. In ninety-nine cases out of a hundred, the pain can be relieved in a very short period of time, and the pleurisy entirely cured in twenty-four hours, by the following means: Take a piece of lime about the size of an orange, wrap a moistened cloth around it, and cover this with several thicknesses of dry muslin or cloth. Place one, thus prepared, on each side of the patient, and by both thighs; they will soon induce copious perspiration, which is the object sought.

2. If the lime is not at hand, use the vapor-bath sweat, by placing a pan, half or two-thirds full of hot water, under a chair, with the patient on it, having a comfort around him; then put into it occasionally a hot stone or brick, and continue until a free perspiration is produced, and held for from fifteen to twenty minutes, according to the severity of the case. Afterwards, keep constantly on the affected side a fomentation of hops or catnip, as hot as can be borne, and renew it as fast as it becomes even tepid. With this, the treatment is complete.

When it is convenient the spirit-vapor bath, as given in the "Hydropathic Division," in the second volume, is perhaps preferable to either of the above means of producing perspiration.

3. Dr. Buchan, Professor in the Royal College of Physicians, of Edinburgh, Scotland, says that he regards the Seneca snake-root as an infallible remedy in the cure of pleurisy. Add one ounce of the root to one and a half pints of water. Boil to one pint. Dose, two table-spoonfuls, three times a day. If it should cause any sick-

ness of the stomach, lessen the dose, or add one-half a tablespoonful of pulverized cinnamon to each dose.

This is comparatively a new remedy to the public, but one that can always be relied on.

4. The pleurisy-root is a very popular remedy in this disease, and is regarded as almost a specific. The warm tea is to be taken freely.

A new remedy, known as the *Jaborandi*, is a prompt agent for the relief of pleurisy. It is one of the greatest sweating medicines known. Dose, of the fluid extract, half a teaspoonful every hour, until free perspiration is induced, which usually affords relief very soon.

Accessory Treatment—Applications of heat, in the form of poultices, flannel wrung out of hot water, etc., applied to the painful part, will often afford immediate relief. Dr. Roberts, of University College, treats pleurisy by strapping the affected side firmly with broad pieces of common plaster, placed obliquely to the direction of the ribs, so as to secure *rest*. Many cases, it is said, have been cured very quickly simply by this means.

Bleeding in every form should be avoided. Perfect quiet in a bolstered posture should be secured. The diet should be light, gruel, arrow-root, broth; frequent sips of cold water will allay thirst.

PRICKLY HEAT.

Prickly heat occurs chiefly in hot climates, attacking the parts covered by the clothes, accompanied by a peculiar tingling and pricking; the pimples are of a vivid-red

color, about the size of a pin's head, but there is no redness of the skin generally.

A tepid bath may be employed daily for the relief of the itching and burning, and after the skin has been well dried, the seat of the eruption may be smeared over with *olive-oil* or *cold cream*. In chronic cases, the surface of the eruption may be moistened with water, and then rubbed over lightly with *glycerine* once or twice a day. Patients affected with this disease should use very little salt.

BLOTCHES AND PIMPLES—FLESH-WORMS— ERUPTIONS ON THE FACE (*Acne*).

These are common names of very frequent eruptions, consisting of small pimples, often containing matter, occurring chiefly on the face.

Causes—Intemperate use of spirituous liquors, excessive indulgence in eating, neglect of cleanliness, sexual abuse, cold, menstrual irregularities, physiological changes (as puberty), the use of cosmetics, and chronic inflammation of the stomach and bowels, are the chief causes of this difficulty.

The Worm-Pimple, with Black Points—These are very unsightly, giving the skin an oily, greasy and dirty appearance. Their origin is to be traced to the obstruction of the glands placed immediately under the skin, from which a minute pipe carries off the perspiration. This moisture, not getting free egress, thickens and closes the pores; it then catches the dust and other impurities,

and soon becomes black. If squeezed violently between the nails, this thickened matter will be driven out, in the form of a yellowish-white worm, with a black head, which is nothing more than the extraneous matter just mentioned.

They should be thoroughly pressed out of every pore, or there they will remain, and no cosmetic will dislodge them.

Remedies—1. To one teacupful of warm water, add a tablespoonful of borax, and apply with a soft cloth or sponge, night and morning. This will often remove them and render the skin smooth.

2. In cases where this fails, put a teaspoonful, each, of powdered borax and sugar, in the juice of a lemon, and apply this as above.

3. Another simple means, which is often effective, is to wash with tepid water, using light friction with a soft towel; after which, apply a little cold cream, and repeat twice a day.

There being different forms of these pimples, of a different origin, it will be necessary to resort to different means for their removal. Among which, the following have been used with success:

4. Take one ounce of bitter almonds and one ounce of barley-flour; mix them with honey until they form a smooth paste, and anoint the skin at night. Gentle friction, either with the hand or with a soft glove, is also good.

5. When the eruptions are red, they are caused by a small insect working under the skin. A very excellent remedy in this case is to take sulphur, and after the usual washing in the morning, apply it on the face dry, and rub it thoroughly with the fingers. Then wipe it off with a dry cloth.

Accessory Treatment—Hygienic measures and the correction of faulty habits are of the first importance in this difficulty. Indigestion, menstrual derangement, debility, or any other constitutional or local affection should be corrected.

Daily out-of-door exercise is favorable to the cure. *Soft-water* baths are of great value in this affection, although on first commencing them they may appear to aggravate the disease. The parts should be frequently washed or douched with *hot water*. This difficulty, according to Dr. Ringer, is efficiently treated, by washing the face or other part affected, with hot water and plenty of soap, several times a day. If by this treatment the skin becomes rough, red and painful, it should be well rubbed with glycerine and starch after each washing. All cosmetics, paints, etc., must be avoided. Vigorously brushing the nodules with a tooth-brush and soft-soap is said to be exceedingly efficacious. The patient should live temperately and abstemiously, avoiding all stimulants, tea, coffee and liquors, and using but very little animal food. The bowels should be kept regular, and the surface of the body should be bathed with a weak alkaline solution daily, composed of water and soda, or saleratus; or, in their absence, soap may be employed. As articles of diet, uncooked fruits and vegetables are recommended.

PROUD FLESH.

Remedies—1. Burnt alum is an old but good remedy. Sprinkle it on freely, twice daily. Many use sugar, in place of alum, and think it equally good.

2. Boil half a pound of bitter-sweet root in a pint and a half of water, for an hour. Strain, and add two tablespoonfuls of lard. Then boil until the remainder of the water is evaporated, and you have an ointment that will remove proud flesh in twenty-four hours. It will also cleanse any ulcer or sore of all foul matter that is offensive. Besides, it is excellent for healing purposes.

3. The clear carbolic acid is unsurpassed for removing proud flesh. It not only destroys it, but stimulates a healthy action of the part, and promotes granulation, through which process the wound is healed. It should be applied on cotton, saturating a portion large enough to cover the part, and leaving it on for an hour or two. Renew and apply it until the proud flesh is completely destroyed. Powdered blood-root is also very highly recommended for the same purpose.

PNEUMONIA—INFLAMMATION OF THE LUNGS.

This disease consists of inflammation of the air-cells and the substance of the lungs. There is almost always more or less inflammation of the bronchial tubes, and sometimes of the pleura, or lining membrane of the lungs.

Causes—Severe or long-continued exertion or over-fatigue, either alone or combined with cold. Brief exposure to *cold*, however intense, is rarely sufficient to excite this inflammation; it is rather a *prolonged and deep-reaching cause* of cold that can produce this effect.

If a person gets thoroughly wet and remains long in wet clothes, or lies out on damp ground, or is a sentinel, standing or slowly pacing for hours in a cold wind, the chill goes to the heart, as it were, and paralyzes the deep circulation, and pneumonia is likely to be the result.

Symptoms—Pneumonia generally comes on insidiously, with restlessness and feverish disturbance, and sometimes has made great progress before the true character of the disease has been discovered. There is deep-seated, dull pain beneath the breast-bone or shoulder-blade; a great feeling of illness; frequent, short cough, with expectoration of viscid matter of a green, yellow or pale color, sometimes tinged with blood, which forms such tenacious masses that inversion of the vessel containing them will not detach them. Profuse *green* expectoration is a serious symptom. The breathing is hurried and difficult; the skin hot, especially in the regions of the ribs and armpits; there is no moisture in the nostrils, which “flap,” and the eyes are tearless; there exists great thirst; interrupted, hesitating speech; the pulse is variable, being sometimes rapid and full, at other times hard and wiry, or quick and weak; the urine is scanty, red and sometimes scalding; and the patient lies either on the affected side or on his back. If the disease is unchecked, the face often exhibits patches of redness and lividity; the blood-vessels of the neck become swollen and turgid; the pulse weak, irregular or thready; and the patient may sink, either from exhaustion or from obstruction of the lungs.

Remedies—1. You may commence by letting the patient sit for half an hour with his feet and legs in warm water, and drink some warm sweating-teas, as pennyroyal or sage.

2. It may be well, occasionally, to apply a fomen-

tation of herbs over the chest and lungs, as warm as can be borne, such as hoarhound, catnip, tansy and the like.

3. A large mustard-draft may be placed over the chest and region of the lungs, and kept on as long as the patient can bear it—an hour if possible, and at the same time apply others to the bottoms of the feet.

4. In place of the above treatment, a mush-poultice is often substituted with excellent effect. This should be put in very thin muslin bags, and placed over the whole chest; and, for a child, the chest and back should be enveloped with it. Close attention should be given to the poultice and not allow it to become cool or dry. When it begins to be so, a fresh one should immediately be substituted.

5. In milder cases, the fever may often be reduced by bathing the whole surface of the body with a weak alkaline wash, which softens and relaxes the skin and promotes perspiration. This process may also be advantageously resorted to in worse cases. The alkaline wash always has a tendency to reduce the heat of fever, and is very grateful to the patient.

6. For internal treatment, in the first or active stage of this complaint, the patient should take very small doses of the tincture of the root of aconite, as the following: Five drops are to be added to a tumblerful of water, and mixed well with a spoon. Then, while the fever is high, with severe pain in the chest, rapid breathing, with or without thirst, give the patient, if an adult, two teaspoonfuls of this solution, every half-hour or hour, until there is an abatement of the symptoms, and he begins to sweat. The medicine should then be taken at intervals of four hours, and continued until all signs of fever, pain and difficult breathing have subsided.

7. Another good remedy for this disease is the

pleurisy-root (*Asclepias Tuberosa*). Use a strong tea, made of the root. It is harmless, and may be drunk freely, every two or three hours.

If the bowels are costive, give an injection, occasionally, of tepid water or tepid milk and water. Should this fail to produce the desired effect, administer a mild physic.

8. The Jaborandi is now used in the first stages of this affection. It is a new remedy, but is gaining much notoriety, on account of the signal cures it has performed. This herb is prepared in different forms, but the one most commonly employed is the fluid extract. Of this, give thirty drops for the first dose. Afterwards, fifteen to twenty drops, every four hours, until free perspiration is produced. If much pain and fever are present, on the following day, repeat as before, and continue each succeeding day, until complete relief is obtained.

Accessory Measures—The diet should be light, as barley-water, mucilage of elm, lemonade, orange-juice, Indian-meal gruel, roasted apples, panada, etc. The patient should be kept as still as possible during the disease, and not be permitted to speak more than is necessary in order to make known his wants; and the sick chamber should be kept well ventilated and at a proper temperature. Great care should be taken during convalescence to prevent a relapse, which is very apt to occur on very slight causes, and may lead to consumption. If, during convalescence or afterwards, a troublesome cough remains, the following should be given: One teacupful of good cider-vinegar, one-fourth of an ounce of balsam of tolu, the same quantity of gum-Arabic, and three table-spoonfuls of refined sugar. Dissolve them over a slow fire. Molasses or honey may be substituted for the

sugar. The dose is a teaspoonful, three or four times a day, or whenever the cough is severe.

The patient should be bathed or sponged with water, at such a temperature as is most agreeable to him, once a day; and when there is much fever, at least twice a day. At the same time, care should be exercised not to permit any chilly sensations to be experienced, and to dry well with abundance of friction

In this disease, it is admitted, by medical men, that a majority of the more severe cases prove fatal; whereas, the reverse should be the rule—a majority should recover. They doubtless would, were it not for the excessive dosing and drugging which, in this disease, as in many others, is yearly sweeping its thousands and tens of thousands to a premature grave, who might, otherwise, have lived to a ripe old age. We therefore beseech you, when you summon medical aid, let it be a physician who, *you know*, gives but little medicine.

QUINSY—INFLAMMATION OF THE THROAT.

This is a disease of the tonsils and mucous membrane of the throat. It is most common among young persons.

Causes—The most common causes are, a sudden cold, checking of the perspiration, wet feet, damp beds and moist, cold air.

Symptoms—The more common symptoms are, sore

throat, with pain in swallowing, redness and swelling in one or both of the tonsils, dry throat, foul tongue, hoarseness, difficulty in breathing, and more or less fever. As the disease advances, the throat swells, and swallowing and breathing become more difficult; the dryness of the throat and the thirst increase, the tongue swells, and is covered with a dark, crusty coat; the pulse is full and hard, and very frequent; hearing becomes impaired, and sometimes the throat swells to such an extent that swallowing is almost impossible, and the patient is threatened with suffocation. The disease generally yields gradually, and goes away, but sometimes it ends in suppuration; that is, gathers and breaks.

Remedies—1. A good method of treatment is to boil, for twenty minutes, a handful of hops or sage, in two pints of water and half a pint of vinegar. Inhale the vapor into the throat and lungs, as warm as it can be borne, by means of a teapot or an inhaler. If the throat is much swollen, simmer a small quantity of sage in a little lard, and give the patient from a teaspoonful to a tablespoonful, three or four times a day, as warm as he can bear it. At the same time, mix some of this with a large onion-poultice, and apply to the throat, and frequently renew. If this is perseveringly used, it will give timely relief. But if you send for your doctor, and he prescribes, as many of them do, the patient will be vomited and purged, and kept sick for a week, even if the disease did not make him so.

2. The following is another mode of treatment, used by many, and highly recommended: In mild cases, a strong tea of witch-hazel leaves and golden seal, with a little Cayenne in each dose, occasionally repeated, will generally remove it. In worse cases, the throat should be gargled with the same article, at the same time keep-

ing the neck warm by the application of a flannel cloth or woollen cravat. The front part of the neck, or throat, may also be bathed with pepper and vinegar, and the patient should inhale the vapor of vinegar and water, which may be applied by an inhaler, or by putting the vinegar and water, hot, into a coffeepot, and then dropping a small red-hot stone into it, closing the lid, and holding the spout near the face of the patient, who should inhale the steam as hot as he can bear it. This process ought to be often performed, particularly where there are much pain and difficulty of breathing.

Should the disease increase, and exhibit symptoms of suppuration, so as to threaten suffocation, the tongue must be pressed down with the finger or handle of a spoon, and the swelling punctured with a gum-lancet.

M. Velpau, of Paris, highly extols the use of alum for a gargle in quinsy and all kinds of sore throat: Take alum, one ounce; barley-water, four ounces; apply a little of the alum, fine, on the parts inflamed, with a little stick or brush, or the finger. Many cases have been successfully cured by this simple treatment.

A gargle made of weak lye has been found remarkably efficacious where other means have proved useless, particularly where persons have been subject to the quinsy, and when it assumes a chronic character.

Accessory Treatment—During the course of the disease, the feet should be frequently bathed in warm, weak lye-water; and the body should also be bathed with the same twice a day, especially when there are high-fever symptoms.

After the disease has been cured, relapses must be guarded against, by avoiding exposures to cold, and by wearing flannel about the neck for several days afterward. Those who are subject to this disease may prevent its

attacking them by daily sponging the throat and neck with cold water, using a light but nutritious diet.

No animal food, or food in substance, should be allowed, until the inflammation is subdued—simply rice-water, gruel, arrow-root, etc.

ACUTE RHEUMATISM (*Rheumatismus Acutis*).

Symptoms—Acute rheumatism is usually ushered in with feverish disturbances, followed by the local attack of inflammation about one or more of the larger joints—the shoulder, elbow, knee, ankle or the covering of the valves of the heart, etc. Exposed joints appear to be more prone to attacks than those that are covered, the larger more frequently than the smaller, and the small joints of the hands more frequently than those of the feet. Sprained or otherwise injured joints are particularly liable to suffer. The fever often precedes the local inflammation one or two days; sometimes they occur simultaneously, while in others the inflammation of the joints precedes the fever.

The affected joints are swollen, tense, surrounded by a rose-colored blush and acutely painful; pain is a more constant symptom than swelling, and swelling than redness. The pain has many degrees of intensity, is generally intermittent, abates somewhat in the day, but is aggravated at night, and in all cases is increased by pressure, so that even the touch of the medical attendant or nurse, or the weight of the bed-clothes can scarcely be borne. Often the patient remains fixed, as it were, in one posture, from which he cannot or dare not move. The skin is hot, but

covered with a sour, offensive sweat, and so highly acid as to redden litmus paper. The perspirations, although unattended by immediate relief, are nature's mode of elimination; for the pains are always aggravated, and the constitutional symptoms intensified, if they become suppressed. It is only when the perspirations lose their peculiarly *sour* character that they become useless. The *urine*, in acute rheumatism, is scanty, often resembling porter in color, of high specific gravity, and deposits, on cooling, deep-colored sediments. The pulse is round and full, varying from 90° to 120° ; the tongue loaded with a yellowish-white mucus; the head is but slightly affected. The usual absence of headache or delirium distinguishes acute rheumatism from the continued fevers. Intense thirst is a common feature, the appetite is hard to please, and the digestive functions are seriously impaired.

Rheumatism is usually *erratic*; it often suddenly quits one joint to appear in another, and then in another; afterwards traveling back, perhaps to its original seat, the development of inflammation in one joint being often accompanied by its rapid subsidence in another, this alternation occurring many times during an attack.

Causes—The *predisposing* cause is some morbid product in the blood, a product probably of unhealthy assimilation. This morbid matter with which the blood is loaded constitutes that predisposing cause without which, it is probable, the disease would never occur. Hereditary predisposition exists undoubtedly in many persons. The suppression of an eruption or rash, as measles, or the sudden stoppage of dysentery, may also act as a predisposing cause.

The *exciting* causes are exposure to cold and wet, especially *evaporation* from wet or damp clothes, causing **chill**. This is, no doubt, an explanation why the disease

is most common among the poorer classes of society, who cannot protect themselves so effectually as their wealthier brethren. The cold probably excites an attack of acute rheumatism, by arresting the secretory functions of the skin, by means of which, in health, morbid substances in the blood are often removed; now, however, the functions of the skin being deranged, unhealthy principles accumulate in the blood, and rheumatism results. Mere cold, however, is not so much a cause of rheumatism as extreme atmospheric changes. Hence, it is found that it does not prevail most, abstractedly, in the coldest regions of the globe, but rather in those climates, and during those seasons, which are damp and changeable.

Remedies—1. In the early stages of this disease, obtain the Jaborandi, the fluid-extract of which can be procured, usually, at the drug-stores. Of this give, to an adult, thirty drops for the first dose. After which, give fifteen drops every two hours, until free perspiration is induced. The first dose may be sufficient, but if it is not, repeat on each succeeding day, until relief is obtained. This is a new remedy, but the success which is attending its use justifies the belief that it may, ere long, become one of the foremost in the treatment of this affection.

2. The simple remedy of lemon-juice has produced some surprising and unexpected cures of rheumatism. Take the juice of half a lemon before each meal, and before retiring, each night. It may be diluted with water before taking, or used in the form of strong lemonade, and, at the same time, apply the juice twice a day externally.

When the lemon-juice disagrees, either of the two following formulas may be substituted: Lemon-juice (strained or filtered) and molasses, equal parts; powdered sugar-candy, sufficient; mix intimately; dose, a tablespoon-

ful three or four times a day. A correspondent of the *Medical Circular* vouches for the relief he has experienced in the liberal use of *lime* or *lemon-juice*, while laboring under the paroxysms of rheumatism. By repeated indulgence in the above simple acid, for the space of three days, avoiding all stimulating liquids, the most confirmed rheumatism will, he says, relax, and the tone of the muscular and nervous system will be restored to its usual character. As before stated, there is, perhaps, no article obtained from the vegetable kingdom, that is more valuable in medicine, than the lemon.

3. The jimson-weed (*Stramonium*) is an article of great efficacy in all rheumatic affections. Prof. John King, of Cincinnati, says,

“The best application that I have ever used, is the fresh leaves of stramonium, bruised, moistened with a little water, and applied over the parts, renewing it three or four times a day. In some very violent cases in which I have employed this agent, the pain has ceased in fifteen minutes from its application, but its use requires to be continued for a considerable time, else the pain will return. In the absence of the recent leaves, an inspissated juice of them may be used.”

4. A standard remedy, of many physicians, is tincture of black cohosh, two tablespoonfuls; tincture of the root of aconite, thirty drops. Put these into six tablespoonfuls of simple syrup. Dose, a teaspoonful, every three hours.

5. The Willow a Cure for Rheumatism—*Salicin*, the active principle of the willow, is a very superior remedy for this disease. In reference to it, Dr. J. H. Haley, of San Francisco, says that it is one of the most valuable remedies we have for rheumatism, when given in ten-grain doses, three times a day. It may be had at all drug-stores

Accessory Measures—In *inflammatory rheumatism*, meat in any form, solid or fluid, is injurious; the patient must be put upon preparations of rice, potatoes, bread, arrow-root, gruel, vegetable or meatless soups and jellies.

All fats, acids, and all stimulants, especially liquors of all kinds, whether cider, malt or spirituous, must positively be avoided. The surface of the body must be rubbed once a day with a coarse towel, using sufficient friction to cause an agreeable glow of heat, and the patient should use moderate exercise without fatigue.

See page 459, vol. ii.

CHRONIC RHEUMATISM (*Rheumatismus Longus*).

This sometimes follows the acute form of rheumatism; at other times it is a separate constitutional affection, coming on quite independently of any previous attack. It is generally very obstinate, prone to recur, and is often worse at night. In time, the affected limbs lose their power of motion, and lameness results, the knee-joint being often affected; sometimes there is emaciation of the muscles; sometimes permanent contraction of a limb, or bony stiffness of the joint. There is but little fever, no perspiration and less swelling than in acute rheumatism.

This form of the disease is the result of the uncured acute form. It may be limited to one part of the body, or extend to several; it may be fixed, or shifting.

Remedies—1. Take four tablespoonfuls of kerosene oil, and two of neat's foot oil. Mix, and apply freely twice a day. At each application, warm the parts thor-

oughly by the fire. As an external remedy, this is gaining much notoriety, as many cases of diseased and swollen limbs have been cured with it in two or three weeks, where the patient had been unable to walk for months.

2. The following remedy having been sent across the continent several times, to those who were afflicted with rheumatism, is evidence of the esteem in which it is held:

Take, of

Oil of cedar	1 ounce.
Hartshorn	1 “
Spirits of camphor	1 “
Spirits of turpentine	1 “
Tincture of capsicum	1 “
Alcohol	1 pint.

Mix. Apply twice a day. If the parts are tender, use a feather. This remedy has met with uniform success; in fact, we have never known it to fail.

3. The following new remedy has recently been published, as an effectual cure for rheumatism, and we give it space here: “Take the garden-celery, cut it into small pieces, and boil in water until soft. Of this liquid, let the patient drink freely, three or four times a day. And it is recommended, at the same time, to use it as an article of diet, prepared as follows: Put new milk, with a little flour and nutmeg, into a saucepan with the boiled celery, serve it warm with pieces of toast, and the painful ailment will soon yield. Such is the declaration of a physician who has again and again tried the experiment, and with uniform success.”

4. A French author gives the following, as one of the best remedies used in the hospitals of Paris:

One ounce of powdered gum-guaiac; one ounce, each, of poke-root and black cohosh, and one quart of old

rye-whisky. Mix, and let stand two or three days. Dose, one tablespoonful three times a day.

Electricity and Magnetism—These are agencies of great value, in the treatment of this, as well as many other chronic diseases. It is generally the best plan to begin with currents of the weakest power, and gradually increase their strength, so long as the applications cause no pain.

This treatment may likewise be used in connection with the above general plan of medication.

Accessory Treatment—Patients who are much afflicted with this complaint should, if possible, reside in a warm, *dry* climate. At any rate, such patients should wear flannel or other warm clothing, and guard against atmospheric changes. The feet should be protected from cold and damp. Wet compresses, covered with dry flannel, over the affected joints, are always useful. Sometimes warm baths, especially of salt-water, vapor or hot air, are most useful.

Exercise should be taken daily, but never carried to fatigue, and the diet should be light and nutritious, avoiding acids, fats and liquors.

Great advantage is to be derived from the local treatment of the joints. When they are much swollen and painful, much ease may be given by wrapping them up in a quantity of soft, carded cotton or wool, over which wrap, if you can get it, a piece of oiled silk, so as to keep it air-tight. After keeping this covering on for twelve or twenty-four hours, you will find that it is saturated with moisture that is strongly acid. If this treatment is continued, it will give you great relief. It is also serviceable in gout, which is a twin sister of rheumatism.

Crick in the Neck, or Stiff Neck—This is one form of rheumatism and treated the same as this disease.

Sciatica—When rheumatism attacks the sheath of the sciatic nerve, or great nerve of the hip, it is called *Sciatica*.

Lumbago—When it attacks the sheaths of the fleshy mass of the lumbar muscles, on one or both sides of the loins, it is called *Lumbago*.

The treatment for sciatica and lumbago is the same as that for chronic rheumatism.

Lumbago of a virulent form has been permanently cured by giving one drop of the spirit of Venice-turpentine, on a lump of loaf-sugar twice a day.

Accessory Treatment—*Liniments* medicated with the same remedy as administered internally, or even simple *olive-oil*, rubbed into the affected parts, are very useful. The friction should be performed in a warm room, and currents of air guarded against. A *wet compress*, simple or medicated, greatly assists the cure. In this and other varieties of muscular rheumatism, rest and warmth are of great importance. The application of the common flat-iron, as hot as can be borne, with flannel between the skin and iron, is very valuable. In lumbago, nothing is so instantaneously beneficial as strapping the back from the level of the “seat” upwards, in layers that overlap each other, with strips of adhesive plaster, or warm plaster. A pad of flannel or of unbleached cotton-wool, wrapped across the loins, next the skin, is very comforting. Where persons are very liable to lumbago, from slight exposure to cold or damp, wearing a skein of silk around the waist is an excellent preventive. Generous, nutritive diet is desirable. Lemon-juice is a grateful and remedial beverage.

For Contracted Joints—1. A very peculiar remedy has been used with good success in this difficulty. It is the angle-worm or fish-worm oil, prepared in the fol-

lowing manner: A quantity of the worms should be placed in a bottle, closely corked, and hung in the sun. The heat will melt the worms and convert them into an oil. It is said to be very penetrating, powerful and effective, in causing the relaxation of contracted muscles. It may be applied once or twice a day.

2. Another singular domestic remedy for lameness, resulting in a contraction of the muscles of any part, is thus described by a late English surgeon:

Take the yolk of a fresh egg, and let it be beaten with a spoon to the greatest thinness; then add water by spoonfuls, agitating the mixture continually, that the egg and water may be well incorporated. The liquor may be applied cold, or only milk-warm, to the parts contracted, by a gentle friction for a few minutes, three or four times a day. This remedy has been repeatedly tried by different practitioners, and with happy success.

RUPTURE.

This is an unnatural protrusion of some portion of the contents of the abdomen, generally dependent upon a laxity of the parts. It is produced in children by crying, coughing, vomiting and other like causes; and in grown persons, by blows, violent exertions of strength, strains, etc. It has been observed that ruptures were most frequent amongst the inhabitants of those countries where oil is much used as an article of diet.

A rupture is a kind of sack or tumor, protruding from the abdomen, in various situations, but most usually in the groin, scrotum, the upper and fore-part of the thigh, the navel, and at various points on the surface of the abdomen.

Ruptures sometimes prove fatal before the cause of the difficulty is known. Therefore, whenever sickness at the stomach, vomiting, obstinate pain and costiveness of the bowels give reason to suspect a rupture, all those places where they usually appear should be carefully examined; as, by neglecting this inquiry, the case may become incurable, or the individual may even die before the cause of the difficulty shall become known.

When, through neglect of precaution, the bowel “comes down,” and will not return, the rupture is said to be “strangulated.”

Remedies—1. The patient may be put into a warm bath up to his neck, and kept there till he feels very faint; he may then attempt, according to his own usual method, to put the rupture up, by pressing it gently, if it be in the groin, or by lifting it up, if in the purse, and gently squeezing it toward the belly, but no violence must be used, or the gut will burst.

No time should be lost in trying to push the tumor back into the abdomen, gentle force being exerted chiefly upwards and outwards, as the patient lies with the hips raised, and the thigh on the ruptured side flexed. A copious injection of tepid water, the author has known to be successful in cases which assumed a serious aspect, the escape of the water from the bowel being rapidly followed by return of the rupture. But if not successful, the patient should be laid on a *board*, so placed as to form a *steep, inclined plane*, so that the patient's feet and hips are very much higher than his head; he should be firmly held in this posture by an assistant, when, by pressure on the swelling, and often without any, the bowels will fall towards the chest, drawing with them the constricted portion.

Some surgeons have of late strongly recommended

attempting reduction of a rupture by reversing the position of the body; in other words, by holding the patient head downward or nearly so; and they state that in many instances this method has succeeded.

A gurgling sound will be the signal of success.

2. When the above means fails, a poultice of slippery elm, is frequently effectual in reducing the inflammation. It should be applied tepid, and frequently changed.

3. Or, the following is considered preferable; a poultice, made of lobelia and stramonium-leaves, equal parts of each, or of either one of these, if the other cannot be obtained, may be applied to the inflamed rupture, and frequently changed, so that it shall be constantly warm. After this has been employed for a sufficient length of time, the attempt may be again made to reduce the hernia, proceeding in the manner that has previously been advised.

4. Should all these endeavors prove ineffectual, injections of the smoke of tobacco must be tried. These have been often known to succeed where every other method failed.

After returning the hernia, a truss should be employed, the pad of which should be of an oval shape, to exert a sufficient amount of pressure to prevent the subsequent protrusion. A truss should be worn constantly during the day-time, and applied *before* rising from bed. The skin of the part on which it presses should be washed daily, and for the first few weeks, bathed with *Cologne-water*, or spirit-and-water, to prevent excoriation and the formation of boils.

If the rupture resist the measures just recommended, the best surgeon within reach should be *immediately* sent

for, as an operation may be necessary to save the life of the patient.

5. The constant application of a solution of alum in a strong decoction of oak-bark—two drachms to a pint—has been recommended by some surgeons for the radical cure of rupture in the groin. It is applied by means of soft linen, which should be wetted as soon as it becomes dry. The compress should, for some time, be kept on the part, by a bandage or truss, with easy springs.

Accessory Measures—Persons who have a rupture ought carefully to avoid all violent exercise, carrying great weights, leaping, running and the like. They should likewise avoid windy aliment and strong liquors, and should carefully guard against catching cold.

Those who can afford it, should have two trusses of the same size and strength, so that if one gets out of order the other may take its place while it is being repaired; for an hour's absence of the truss might occasion a mischief which it would require months to repair.

Persons having rupture must be very careful to keep themselves free from costiveness; for straining at stool is highly injurious.

Ruptured Navel of Infants—Should there be any signs of a protrusion, at birth or soon after, a circular piece of cork should be applied, somewhat convex on both sides, covered with soft leather, and secured by a moderately tight-fitting bandage around the abdomen. A flat piece of sheet-lead or ivory, protected with soft leather, with the convex surface over the aperture, may be substituted for the cork. If the pad slips off the part, it should be secured by cross-pieces of adhesive plaster. If the pad is nicely applied, and continued for one or two months, a radical cure may be expected.

RICKETS—SPINAL CURVATURE.

Causes—These are to be found in the bad hygienic conditions productive of so many of the diseases of childhood; especially close, old, damp rooms, overcrowding, want of cleanliness and insufficient supply of good food. The ill health of the mother during gestation, particularly if she suffered from leucorrhea, is a frequent cause. Prolonged nursing, when the milk becomes thin and watery, is another prominent cause of the malady.

In the following passage, Dr. Jenner shows how improper *feeding and physicking* produce rickets:

“For the first two or three days after birth, their tender stomachs are deranged by brown sugar and butter, castor-oil, gruel and starch-water; as soon as the mother’s milk flows, they are, when awake, kept constantly at the breast. And well for them if they are not again and again castor-oiled, and even treated with mercurials.

“After the first month, bread and water, sweetened with brown sugar, are given several times a day, and during the night the child is, when not too soundly asleep, constantly at the breast. As soon as the little ill-used creature can sit erect on its mother’s arm, it has at parents’ meal-times ‘a little of what we have’—meat, potatoes, herring, fried liver, bacon, pork, and even cheese daily, and cakes, raw fruits, and trash of the most unwholesome quality, as special treats, or provocatives to eat, when its stomach rejects its ordinary diet. Then, instead of being weaned when from twelve to fourteen months old, the child is kept at the breast when the milk is worse than useless, to the injury of the mother’s health, and to the damage of its after brothers and sisters, in the hopes that thus keeping it at the breast may retard the next pregnancy. The children are sacrificed that the passions of the parents may not be restrained.”

Symptoms—When a child reaches the tenth month without any appearance of a tooth, or if at eighteen months old he is unable to walk, rickets may be strongly suspected. The most noticeable symptom of this disease is *profuse perspiration* of the head, neck, and upper portion of the trunk immediately the child falls asleep, the perspiration standing upon the forehead in beads, or making the pillow wet. The patient desires to lie cool, and kicks off the bed-clothes, both in summer and winter. The child is late in walking, the bones of the legs are curved, and the joint-ends enlarged, especially of the wrists and ankles. The head becomes flat and more square than natural, and the little patient desires to lie still and be undisturbed by playthings or company. The appetite is often voracious, and the food passes rapidly, and almost unchanged, through the intestinal track; there is much straining, and the stools are of variable consistency and extremely offensive. The flesh wastes away, and there is much muscular weakness; the child is drowsy in the daytime, but restless and uneasy in the night.

In severe cases, not merely the leg-bones, but also the spine becomes curved, and the pelvis loses its proper shape; the face is small and triangular, the chin being small, out of all proportion with the forehead, the teeth project and fall out, or soon decay, and the first and second teeth are generally delayed.

The chest also becomes narrow and prominent, and the abdomen large and distended.

Remedies—1. The herb called buck-horn brake (*Osmunda Regalis*) is said to be almost a certain cure for the rickets, and doubtless is so, when employed in the beginning of the complaint. One root, infused in one and a half pints of hot water, for half an hour, will con-

vert the whole into almost a thick jelly. The dose of this, is a wineglassful, to be repeated three times a day. It may be sweetened, and flavored with a little cinnamon or nutmeg. The root of this herb should be gathered in the latter part of summer, though it can generally be found at the drug-stores.

2. Among the professional remedies employed in the treatment of this disease, perhaps there is none more effective and popular than the following: Take half a teaspoonful of syrup of the hypophosphites three times a day, for three weeks, then substitute for it the hypophosphite of lime, in two-grain doses, in sweetened water, for two weeks, then omit this and return to the syrup, and so continue alternating. Both these articles can be procured at any drug-store.

For ultimate success, in the cure of rickets, too much importance cannot be attached to the measures laid down under the head of "Accessory Treatment;" for success will depend, to a great extent, upon a compliance with them.

Accessory Treatment—Country air, dry and bracing; abundance of sunlight, and out-of-door exercise. These wonderfully promote the cure, by imparting tone to the digestive organs, energy to the nervous system, and, in short, invigorating the whole constitution. Patients not able to walk should sit or recline in the open air, warmly clad, during portions of the day; this will aid recovery far more than passing the chief part of the day in the confined air of a sick-room. Well-ventilated rooms and strict cleanliness are also necessary. Further, tepid or cold bathing, every morning, especially in salt-water, followed by friction down the back for five or ten minutes. In the evening, the friction should be repeated.

Diet—Nourishing food, which should be well masti-

cated, is of great importance. It should include milk, meat, animal broths, brown bread, etc. *Malt or barley-food* is especially suitable for rickety children. If finely ground, the sediment from the husk need not be removed from the prepared food, as it is very nutritious, and rich in bone-forming materials. Boil four tablespoonfuls of *ground malt* in a pint of water for ten minutes. Pour off the liquid, and add an equal quantity of new milk. This food is very agreeable to children, and highly nutritious.

If mechanical support be necessary for curvatures of the lower limbs, simple, straight, wooden splints, kept in place by a good bandage, are the best. But weakly children should be first treated by the administration of cod-liver oil, and other remedies we have prescribed, and splints applied when the child's condition is improved, should they still appear necessary. As just stated, cod-liver oil is an important remedy, but it should only be given in small doses, ten to twenty drops at first, and the quantity gradually increased to a teaspoonful. Small pieces of ice put into each dose render the oil almost tasteless. During its administration the evacuations should be examined, for the appearance and odor of the oil in them are signs that the quantity should be reduced. In the employment of cod-liver oil, *none but a pure article* should be used.

RINGWORM.

When the disease exists on the head, the hair is dry shriveled and brittle. But it is most easily detected by the presence of short, *broken-off hairs, which appear as if they had been nibbled close to the scalp*. In fact, these patches of stubble are the readiest sign by which to determine when the disease is cured. If the hair is growing naturally and free from scurf, where the disease existed, it may be presumed that there is no further danger of contagion; but so long as there are the short, broken-off hairs, there is room for doubt about the cure. Where the disease exists on the *body*, it has the appearance of red, scurfy, circular patches.

Remedies—1. Castor-oil seldom fails to effectually cure ringworm, when the parts are anointed with it twice a day.

2. Take a small quantity of tobacco, and, after boiling it well, add to the liquor a small quantity of vinegar and strong lye, and wash the eruption with this, two or three times a day. It will never fail to cure.

3. Other remedies that are efficacious are often employed; such as washing the head every morning with soap and water; and make a solution of soda and vinegar, by adding a teaspoonful of the former to a teacupful of the latter, and apply every night. Or, use thoroughly, applications of borax and water.

Accessories—Strict cleanliness of person; friction; an occasional tepid bath; if the skin become irritable it may be occasionally washed in bran-water—a handful of bran boiled in a quart of water.

To prevent contagion, the affected child should be kept apart from all others; his towels, brushes, etc., should on no account be used by any one else.

SHINGLES (Herpes Zoster).

Symptoms—Sickness and headache sometimes precede an attack; but, in most cases, the earliest symptoms are, heat, itching and tingling on some parts of the body, and the person is found to be covered with small, red patches of irregular shape, near together, upon each of which are seen numerous pimples. These enlarge, in the course of twenty-four hours, to the size of small pearls, are perfectly transparent, and filled with a clear liquid.

The clusters of pimples are of various sizes, from one to three inches in diameter, and surrounded by a narrow red ring. Other clusters come, in three or four days, if the disease is not checked, and extend round the body, or over the shoulder.

As the patches subside, the blisters partially run together, and change to a blackish color, terminating in thin, dark scabs. These fall off in about twelve or fourteen days, the skin where they were appears red and tender, and the largest of the scabs leave pits behind.

Remedies—1. But little treatment is necessary in most of cases. The patient should be bathed daily, and the foot-bath should be used when there are feverish symptoms.

2. If the bowels are costive, give an injection of warm water.

3. Should there be much irritation at the point of eruption or pimples, dust it with scorched flour, or wet it with sweet cream.

In ordinary cases, no other remedy will be required.

4. In severe or aggravated cases, the following treatment will be necessary, in order to effect a cure. Give, freely, a tea, of burdock and sassafras, or either when the other cannot be had. And for the external treatment

the crusts or scabs should first be removed, by soaking with oil and then washing with soap and warm water, or poulticing if this does not answer. When they are all off, cover the part with a cloth wet with tar-water, made by stewing a teacupful of tar in a quart of boiling water.

The yerba reuma has recently been discovered to be an infallible remedy in this disease.

The most obstinate cases readily yield to its treatment. The fluid extract, or a strong decoction of the herb, is to be applied to the parts twice a day.

SLEEPLESSNESS,

Apart from disease, may arise from an overloaded stomach, over-excitement or cold feet.

Treatment—How to get sleep, is to many persons a matter of high importance. Nervous persons who are troubled with wakefulness, usually have a strong tendency of blood to the brain, with cold extremities. Let such rise and chafe the body and extremities with a brush or towel, or rub smartly with the hands to promote circulation and withdraw the excessive amount of blood from the brain, and they will sleep in a few moments. A cold bath or a sponge-bath and rubbing, or a good run, or a rapid walk in the open air, or, it is said, going up and down stairs a few times just before retiring, will aid in equalizing circulation and promoting sleep.

Where there is no disease, either of body or mind, to which the want of sleep can be imputed, the person

should keep himself in as cheerful a mood as possible, and should, if his strength permits, rise early and exercise so as to fatigue himself moderately. Studious men ought to avoid late readings, and, on going to bed, endeavor to abstract the mind from all business. In some cases of restlessness, sleep may be procured by the person getting up and walking about the room for a few minutes. By such means sleep is sometimes induced, when previously it had been solicited in vain.

In protracted cases of wakefulness, the patient should be made fully to understand the danger he is in, and to lend his entire concurrence to the efforts for his relief. Mental labor should be given up; overwork of any kind must be abandoned; articles liable to keep up the trouble must be forbidden, such as tobacco, coffee and tea.

Remedies—An admirable remedy for this difficulty, is to use a pillow stuffed with hops, or one containing a portion of them. Sleep with the head towards the north. Instances are common where the patient suffers from an empty stomach, and a quantity of easily digested food will satisfy the craving and promote a sound, refreshing slumber. Again, cold to the head or hot foot-baths, with or without mustard, or a warm bath, will relieve the patient promptly. The patient should examine his surroundings, as to whether any cause exists, such as improper position in bed; the best is always where the head and shoulders are above the level. For the relief of this symptom, except where it is the result of pain, medicines should be employed with caution.

An easy mind, a good digestion and sufficient exercise, are the grand conduces to sound sleep. Never sleep with the head covered. Children should sleep alone as much as possible, if we would give them vigorous lungs, sound bodies and sound minds. Fat persons

should sleep little and exercise much. Too much sleep weakens the nerves, disorders the brain, produces peevishness, leads to apoplexy, palsy, excites palpitations, and relaxes the system by over-perspiration in bed. Hearty suppers, strong tea and coffee, also disturb the sleep.

“The Harbinger of Health” gives the following: “Chronic wakefulness may be greatly controlled by eating plentifully of *onion-soup* from twice to thrice per week. All sedatives, anodynes and somnolent medicines, such as opium, morphine, laudanum, tobacco, etc., are at variance with natural repose. The loving and harmonious are invariably the *sweetest sleepers*; but the stoutest slumberers are they who work much and think little.”

How to go to Sleep—When a fit of wakefulness comes on in the night, a medical journal gives the subjoined good advice: “Sit down in an easy position, relaxing all the muscles of the body, and let the head drop forward upon the breast as low as it will fall without forcing it: Sit quietly this way for a few minutes, freeing all the will-power of the body, and a restful, drowsy feeling will ensue, which will, if not disturbed, lead to refreshing sleep. If the sleepless fit comes on in the night, one can simply sit up in the position described. Stiffness of any part of the body must be avoided, and it is well to bend the body forward after lying down, rather than to keep it straight or thrown back upon the pillow. The writer suffered several years from sleeplessness caused by severe pain and nervousness, and was taught the above by a physician of great experience and ability, and found through it complete relief. Many persons similarly afflicted, within the writer’s knowledge, have tried it, and always with good results.”

Bad Dreams—Do not gratify your appetite with too many kinds of food. When a child, you were in-

jured by affectionate expressions in the shape of *candy*, *raisins*, *nuts* and *rich cake*. These are worm-generating "evil spirits" that now beset you in dreams. Sleep with your head toward the North Pole hereafter, and always go to sleep on your right side. Eat or drink nothing after seven o'clock, p.m.

STAMMERING, OR STUTTERING.

Many theories have been proposed regarding the nature of this impediment, and the fair inference seems to be that it may arise from a variety of causes. In many cases it is undoubtedly the result of imitation; in others, again, there appears to be some defect from birth, often so obscure as to defy scrutiny. Whatever excites the emotions, as in anger, or other sudden passion, increases the difficulty.

A very important remedial means, upon which too much stress cannot be laid, is to study carefully the mechanism of the articulation of the difficult letters, and to practice their pronunciation repeatedly, slowly and analytically. The patient should commence by practicing such sentences as contain but a few difficult sounds, and from these pass on progressively to such as are more and more difficult. It is well in these exercises for the patient to have a judicious friend or guide, who should aim to direct him that he will continually increase in confidence in his own power of articulation; and this is best done by gradually leading him, from that which he finds and *knows*

he *can* do, to that which he *fears* he *cannot*. Mr. Jour-dant, a French writer, gives the following directions: “The chief difficulty experienced by the stammerer consists in *detaining the air in the chest, and in allowing it to escape only very slowly and gradually*. To effect this object the following rules are to be carefully observed: First of all, to make a healthy inspiration, as in the healthy case; then to make a very slight pause; then to begin to talk, taking especial care to keep the chest continually somewhat dilated and the abdomen slightly protruded, giving out all the while as little air from the chest as possible; and, lastly, before recommencing the same series of movements, to expel the air that remains behind by a powerful expiration. It requires some practice by the patient, and careful observance to their order, but if these simple rules are strictly attended to, it will be found that no stammering can take place, even if the person tries to do so.”

1. We will name several other excellent means of curing this impediment of speech: When there is no malformation of the organs of speech, let the person read aloud for one or two hours; and let him persevere in this course for at least three or four months, unless he has overcome this defect in less time.

2. Take a little piece of hard wood, just large enough to hold the teeth from a quarter to half an inch apart. Hold it firmly between the teeth, and read or speak slowly, for a few minutes at a time. Do this several times a day, and continue the practice for some length of time. Sometimes speak in a loud, full voice, and again almost or quite in a whisper.

3. Another, is simply to practice reading aloud a short time, each day, and at the same time, after the pronunciation of each word, to tap the book with the finger.

The individual should not confine himself to one

method, but practice the different ones, above given, at different times ; and, by the use of these, he will be able to overcome this embarrassing difficulty.

SMALL POX (Variola).

This disease is too well known to need a particular description. It is always caused, or communicated by contagion ; that is, caught from others who have it.

About twelve days usually intervene, between the exposure and the commencement of the disease. Sometimes the attack may be two or three days earlier or later. There are two forms of small pox : the confluent, where the pocks are so thick as to run together, and the distinct, where they are separate ; then we have varioloid, or small pox modified by vaccination or constitutional predisposition. Exposure to varioloid may give rise to either varioloid or small pox, and exposure to small pox may cause either confluent or distinct small pox, or varioloid ; all depending on the susceptibility of the individual exposed.

Symptoms—As in most other fevers, the following symptoms appear in the first stage : Chilliness, heat, headache, sometimes delirium ; a *thickly furred, white tongue* ; a deep flush upon the face ; a hard, frequent pulse ; a feeling of *bruised pain* all over the body, but especially in the *back and loins* ; more or less pain or *tenderness* at the *pit of the stomach*, and *vomiting*. The pain in the loins and the vomiting are the most characteristic of the premonitory symptoms, and are seldom absent. When

these are excessive and continuous, they are the forerunners of a severe form of the disease. On the third or fourth day the *eruption*, often so minute as to escape observation, appears in the form of red spots, or small hard pimples, which feel *like shot in the skin*. It appears first on the face, neck and wrists, then on the body, and finally on the lower extremities. If examined, the eruption may be seen upon the palate, and is often formed on the lining membrane of the wind-pipe, giving rise to sore throat, salivation, cough, painful expectoration and hoarseness. The pimples gradually increase in size until about the eighth day from the commencement of the fever; the contents, at first watery and transparent, change to yellowish matter as the pimples become ripened into pustules. The pustules are *depressed in the centre*, and surrounded for a short distance by a rose-red appearance. During the time the pustules are filling up there is swelling of the eyelids and face, sometimes to such a degree as to obliterate the features. A peculiar, disagreeable odor now begins to emanate from the patient, which is so characteristic that the disease at this stage might be known by this alone. On the first appearance of the eruption the fever subsides; but in the confluent form, when it is at its height, a fresh attack sets in, which, to distinguish it from the precursory fever, is called the *secondary* fever.

Remedies—Before the eruption, as we have no positive means of determining that it is small pox, we should treat it the same as any other fever. The patient should not be kept too warm, neither should heating remedies be employed to cause determination to the skin. If there is much restlessness, sleeplessness and delirium, the head may be sponged and feet bathed in hot water.

If such course is pursued, few severe confluent cases will be met with. *All heating and irritant applications*

to the skin, and internal remedies calculated to produce determination to the surface, will increase the eruption and aggravate the disease.

If there is sickness at the stomach, there is nothing better to allay it, perhaps, than frequent sips of warm spearmint or peppermint-tea, with a little saleratus dissolved in it.

When the eruption makes its appearance, we continue the same treatment. The sponge-bath, twice daily, should be used, and continued until maturation is complete; Castile-soap and warm water are the best that can be used. Those who have never adopted this plan would be surprised to see the influence that is exerted upon the system by keeping the skin thoroughly cleansed. To prevent the eyes from becoming injured by the disease, they should be frequently washed with rose-water, or mucilage of slippery elm, more especially when the fluid from the pustules flows into them. And the nostrils may be kept free by passing a well-oiled camel's hair pencil into them several times a day.

1. The following remedy is published by the Academy of Medicine, of Paris, and is pronounced a never-failing cure for this disease. Hundreds of cases have already been successfully treated with it, and no failures yet reported. It is so prompt that within twelve hours after its use has been commenced the disease will have abated, and the patient be convalescent:

Take, of

Sulphate of zinc..... 1 grain.

Fox-glove (*Digitalis*)..... 1 “

Sugar..... $\frac{1}{2}$ teaspoonful.

Mix with two tablespoonfuls of water, after which add four ounces (eight tablespoonfuls) of water, and take a

tablespoonful every hour. For a child, smaller doses, according to age. See "Table of Doses for Children."

2. We have a remedy from London which rivals all others for its simplicity, and coming, as it does, highly recommended, we apprehend it has accomplished all that is claimed for it. The following is the mode of preparing and using it: "Dissolve one ounce of cream of tartar in a pint of boiling water. Of this, when cold give half a gill, for the first dose, to an adult. After this is taken, divide the remaining quantity into such doses as, taken three times a day, the whole will last three days.

"This remedy has already restored thousands of cases, and will effectually cure this disease in four or five days, leaving no pit-marks and no blindness, as is sometimes the case when otherwise treated, and always prevents the tedious lingering of convalescence. It can be taken at any time, being preventive as well as curative. The use of it is so effectual that, were it popularly employed, it would dispense with the unnatural law that requires vaccination and the costly staff of vaccinators."

3. A remedy, now in use in some parts of Europe, and also in China, and said to be the most successful one employed in those countries and perfectly effectual, is to apply to the chest an ointment made by combining tartar-emetic and croton-oil with lard. This application should be made when the fever is at its height and just before the eruption appears. This causes the whole of the eruption to appear on this part of the body, and thus relieves the internal organs and the face, on which there will be no pitting.

4. A few years since, the herb called the Indian cup, or pitcher-plant (*Sarracenia Purpurea*), was much praised for its supposed remarkable powers in small pox. But its

subsequent use is said not to have met with the great success that had been claimed by its sanguine advocates.

The root of the plant is the part employed. The dose, when reduced to powder, is about a dessertspoonful, simmered in a pint of water down to half a pint; this is usually divided into two doses, to be taken during the day. Sugar should not be used with it.

Accessory Treatment—The patient should be kept cool and the sheets and linen frequently changed, ample provision being made both for the *uninterrupted admission of fresh air* and the *free escape of tainted air*. The bad ventilation of a small room, too high a temperature and hot cordials interrupt the tendency to recovery. In cold weather a fire should be kept burning in the apartment and the patient have an extra blanket, but the windows kept open. If the weather is mild, the patient is better treated entirely in the open air. If, at any time, the eruption should recede or “strike in,” put the patient in a warm bath.

Dr. A. Collie, Resident Medical Officer of the Homerton Hospital, writes,

“Nothing is of so much importance as pure air, and that in unlimited quantities. In this hospital we have kept our windows open constantly, by night and by day, throughout the months of February, March, April, etc.; and this has been attended with the very best results; for our mortality is the lowest of all the small-pox hospitals in London, and we were receiving our patients from the same sources, and some time before this epidemic reached its height.”

During the entire course of the disease, especially when the skin becomes hot, painful or irritable, the whole surface may be sponged with warm water, to which a spoonful of *perfumed carbolic acid* has been added, and well dried with a soft towel. This generally affords great

relief. The use of *perfumed carbolic acid*, in the above manner, and the infusion of its vapor in the air of the apartment tend to mitigate small pox, and to deprive it of its *contagious* character. Frequently changing the posture of the patient in bed, so as to avoid constant pressure on the back, prevents *bed-sores*. After the pustules burst, powdered starch or flour should be freely applied, to absorb the matter. Cleanliness, frequent tepid washings, and an occasional warm bath, are especially necessary during the last stage of the disease.

To *prevent pitting*, the pustules should be frequently smeared over with olive-oil, cold cream, or a mixture of one-third of glycerine with two-thirds of water. A still better mixture is one of *cream and flour*, in such proportions as will make a thick paste. This should be freely painted over the face and neck, and renewed when necessary. By this means the action of light on the pustules or blisters (which, so to speak, photographs them on the skin), may be prevented, as well as the consequent pitting; at the same time we allay the irritation which accompanies the state of maturation. The hands of children should be muffled and lightly secured, to prevent scratching, which might lead to ulceration. Adults may wear loose gloves. This precaution is especially necessary while the patient is asleep, and acts unconsciously.

Diet—Tea and dry toast, raw eggs beaten up with cold milk, beef-tea, etc.; grapes, roasted apples and wholesome ripe fruits in season. For drink, cold water is generally preferred, and any objection to it by nurses or friends should be firmly resisted; in addition, milk diluted with about one-third or one-half soda-water, lemonade, raspberry-vinegar water, currant-jelly water and barley-water.

Disinfection—The only absolutely safe method to

adopt with infected *clothing* and *bedding* is to *burn them*. If this be objected to, they should be either baked or boiled at a temperature of 212° . Rooms should be disinfected by fumigation with burning *sulphur*, with all apertures closed. The walls should then be divested of their paper or color or white-wash; the floor thoroughly scrubbed and washed over with a solution of lime or zinc; walls and ceilings well limewashed; and afterwards, the doors and windows kept open for several days.

Varioloid—This is a form of small pox, modified by the vaccination. It is to be treated the same as a case of genuine small pox, only that the treatment should be graduated according to the mildness or severity of the symptoms. Sometimes the disease is very mild, requiring scarcely any treatment; at other times it approaches very nearly to a genuine case of small pox, and requires a full course of treatment.

SIMPLE SORE THROAT (Dolor Faucium).

This is a soreness of the throat alone, uncomplicated by ulceration, quinsy or syphilis.

Cause—Catarrh; the sore throat being a simple extension of the catarrhal affection. This disease should not be neglected, as it is apt, in some persons, to degenerate into a troublesome form.

Remedies—1. On a small handful of the leaves of the common sage, pour a pint of boiling water; let the

infusion stand half an hour. Add vinegar enough to make it moderately acid, and honey to the taste. Use it as a gargle, several times a day. This seldom fails to cure the disease.

2. In some forms of sore throat, a gargle of strong soda-water is a certain cure. It is to be used freely. In others, there is no better remedy than lemon-juice. At the time of gargling the throat, swallow a small portion.

3. Powdered borax, mixed with honey, is an excellent remedy for inside sores of the mouths of children.

If a little of the mixture be dissolved in warm water, it will form when cold an efficacious gargle for an ulcerated sore throat.

4. As an external remedy for curing sore throat, camphor-gum, combined with kerosene-oil, is a famous one. The gum is to be dissolved in the oil, and then applied several times during the day.

5. The inhalation of steam, by placing the head over a vessel of boiling water, gives great relief. When the swelling is great, apply a poultice of hops or flax-seed.

6. In case of an ordinary sore throat, when no other remedy is at hand, use a gargle of salt and water, with a little vinegar, and it will be found to produce a very salutary effect. When the palate is relaxed and the throat ulcerated, gargle with strong alum-water.

7. In children that cannot be made to gargle, a good plan is to blow finely pulverized alum or borax into the throat, through a quill or a folded paper or a tube of any kind.

8. Loss of voice may require the application of electricity, or blistering of the back of the neck. Singers and others find great relief by allowing a piece of borax

to dissolve slowly in the mouth, swallowing the solution as it forms.

Accessory Treatment—Frequent draughts of cold water, and the application of the throat-compress. Steaming the throat as directed under “Inhalation,” on another page, is soothing, and often curative, but it should be done at bedtime, when the patient has not again to be exposed to external air. See page 461, vol. ii.

SPINAL DISEASE.

Causes—The most powerful and frequent *predisposing* cause is hereditary tendency, especially when hysteria, epilepsy or insanity exists in the family. What is termed a *nervous constitution* underlies nearly every case of spinal disease. Impoverished blood, sexual derangements, sterility and absence or non-exercise of the maternal instincts, are also predisposing causes. Neglect of physical exercises, sexual excesses, self-abuse, are powerful and prominent factors of this affection. In short, everything that tends to exhaust vital power, and, consequently produce a *nervous condition*, must be accounted a cause. The *exciting* causes are—shock, or grief; injury to the spine, as by railway accidents, blows, falls, etc. To the latter, men are, of course, equally liable; but the nervous system of women is more impressible, so that the immediate shock is more severely felt, and its consequences are more likely to be deep and lasting. For a like reason, various kinds of rough exercise that keep

the spinal muscles on the stretch—jumping, traveling over rough roads, horseback-exercise, etc.—may act as powerful exciting causes.

Symptoms—The initiatory are, generally, headache, limited to one spot or to one side, or to the brow or cheek, with sleeplessness, distressing dreams or nightmare, nausea or vomiting, cold hands and feet, and alternate chills and flushes. All the symptoms are intensified by exertion, bodily or mental, and the patient evinces an almost constant desire to lie down. The symptoms differ according to the part affected, the most characteristic one being *local tenderness*.

Spinal Irritation and other Diseases—Spinal irritation may simulate or co-exist with hysteria; but to the skilled observer there are distinguishing features. In hysteria the soles of the feet, and the skin generally, are commonly insensible to tickling; in spinal disease, on the contrary, irritability is intensified. Patients do not complain of such extreme depression of strength as in hysteria, but are chiefly weak when in pain. This affection may be distinguished from actual disease of the spine by observing that the tenderness though excessive is *superficial*, and the patient complains more when the skin is touched than when the vertebræ are pressed. There is also the absence of impaired nutrition, wasting, and other signs of constitutional disturbance.

Further, in diseases of the spinal cord, as a rule, the spine is *not* tender to pressure; whereas in spinal irritation such tenderness is perhaps the most marked symptom. The personal and family history, and the cause of the derangement, will aid in distinguishing the disease.

Preparatory Treatment—The patient should give up sewing, writing, or any other occupation which has caused this trouble; also avoid sitting, except in a strictly erect

position, so that the weight of the head may be sustained by the bones of the spine, and not by the ligaments and muscles. Traveling, walking in the open-air, as far as the strength will admit, or some active, useful employment which shall invigorate the general system, is indispensable. The patient had better spend most of the time in reclining or lying down, so as to relax the spine, when he is not taking active exercise.

If already confined to the bed, he must be exercised in the horizontal position until able to take active exercise. An attendant should repeatedly bend and extend the fingers, then the wrists, arms and shoulders, in every possible direction. The feet and legs should be exercised in a similar way, allowing the patient to rest at intervals, if he becomes fatigued. Then place one hand on each side of the body, a few inches below the arms, and shake it gently from side to side. Next, turn the head in every possible direction, so as to exercise the muscles of the neck; and finally, strike gently with the open hand over the chest, abdomen and back, but very lightly, if at all, over the tender part. Go over the entire body in this way, at least once in twenty-four hours, continuing the exercise a little longer every day, and as soon as the patient feels able, let him resist, slightly at first, the various motions given him by the assistant. He will soon be able to ride out, and at last to walk out and take exercise for himself. Remove all blinds and curtains from the windows during the day, and have the room, if possible, on the south side of the house, so that the sun can shine into it freely. The more sunlight and fresh air, the earlier will be the recovery. He should have nourishing diet, but no tea, coffee or stimulants.

Remedies—1. A measure, which is of incalculable importance in spinal deformity, is to carry a weight on

the head for half an hour at a time, and several times a day. The weight compels the person, instinctively, to assume a position as nearly perpendicular as possible.

2. The electro-magnetic battery is often highly successful, when applied in connection with the other measures here given.

3. When the disease is the result of an injury, add five drops of the tincture of arnica to a tumblerful of water, well mixed, and of this, give two teaspoonfuls, morning and evening. At the same time, put twenty drops of the tincture into half a pint of water, and use it as an external application three times a day, over the tender parts of the spine.

4. The whole surface may be bathed daily with *salt* and *water*; and, indeed, in all other cases where the bones are affected.

5. A wet compress over the tender spot will also afford relief. Sometimes a *belladonna-plaster* gives much comfort.

For unmarried females, after the severe symptoms have been modified by treatment, it is of supreme importance that some *occupation*, undertaken in a business-like way, should be provided.

SALT-RHEUM, OR TETTER.

This is a troublesome, inveterate eruption, appearing on different parts of the body, usually the hands. Very small eruptions or vesicles appear, which break and discharge a thin, corrosive fluid, that causes a very great

degree of irritation, or itching; afterward scabs often form upon the part affected, which, though they be rubbed off or dry away, will reappear after awhile.

It is attended with more or less inflammation and swelling; and such is the degree of itching sometimes attending it, that the patient is obliged to scratch continually, to obtain the least relief. The whole hands or parts occasionally become excoriated, stiff, and almost immovable. It seems to be located principally underneath the skin; although from its disappearing in one part, and then appearing in another, it is evident that the disease is located in the blood.

Remedies—1. This is a disease of which many suffer through long years. Notwithstanding, there are simple remedies, that will effectually cure it. One of these is petroleum. This is the crude substance from which kerosene-oil is manufactured. Apply it three times a day, and, at the same time, take a decoction, of equal parts of burdock and sarsaparilla. Dose, a wineglassful, twice a day.

2. Green walnuts are another remedy, which is said to be an almost certain cure, when perseveringly used. They are prepared for use by slicing them, and then adding sufficient, of equal parts of alcohol and water, to cover them. After standing for a week or ten days, apply to the affected parts twice a day.

3. Take twenty drops of the fluid extract of the Oregon grape-root (*Berberis Aquifolium*), three times a day. At the same time, apply externally the following preparation: Two teaspoonfuls of finely powdered gunpowder, and four tablespoonfuls of vinegar. Mix. Apply twice daily. This extract can now be obtained in almost any drug-store. This is a new remedy, and has not, as yet, been known to fail in the cure of this disease.

Accessory Treatment—Warm baths ; preparations of *glycerine*, if the skin be much cracked, or occasional poultices if it be very hard. The application of equal parts of carbolic acid and oil often proves most useful. It should be preceded by a warm bath. Nourishing diet, frequently including small quantities of unboiled vegetables ; for growing persons, cod-liver oil, except when stale fish is the cause. Patients who have been overtaxed in mind or body should have rest and change. The daily habit of *bathing or sponging* should be adopted, and will, to a large extent, prevent relapses. Warm or tepid soft-water baths, with the use of *pure soap*, at bedtime, softens the scales, and promotes the healthy functions of the skin. Free *out-of-door exercise* is also most useful.

STY ON THE EYELID.

This is a small boil, situated on the eyelid.

On the first appearance of it, put two teaspoonfuls of black tea in a small sack, moisten with hot water, bind it on the eye while warm, and retain it there over night. If applied in time, one application is sufficient to remove the sty. Sometimes, the second or third application may be necessary. If the tea is moistened with the warm water two or three times during the night, it will have better effect.

It is a very good plan, and often very effective in the beginning of a sty, to moisten it in the morning, on

awaking, with a little spittle, and repeat it several times during the day.

If the above is found insufficient, use the tincture of belladonna, ten drops; soft water, two tablespoonfuls. Mix them well together, and apply to the sty, with lint or a piece of soft linen cloth.

The following is also highly recommended for this affection. Put about two teaspoonfuls of common baking soda into a small sack. Moisten it slightly, and apply it during the night.

If styes should follow one another in succession, make a strong tea, of burdock-seeds or ground century-plant, and take a tablespoonful, three or four times a day.

Accessory Treatment—Fomentations with hot water, and if there is much inflammation, a bread-and-water poultice, applied over it at night. If the sty is tedious in breaking, it may be opened with a lancet or punctured with a needle, and the matter gently pressed out. If dependent on general debility, a strict observance of the laws of health is necessary to restore the constitutional vigor.

• MERCURIAL DISEASE AND SALIVATION.

The symptoms of this disease are too well known to need description. I may remark, however, that there are soreness of the gums and mouth, looseness of the teeth, swelling and sometimes protrusion and inflammation of the tongue, constant and profuse discharge of saliva or spittle,

wasting, etc. If those who give this poison to cure disease are not *woful quacks*, then I do not understand the meaning of the term “quackery.”

Remedies—When the practitioner is called to the patient, if he is still using mercury in any form, he must order it to be immediately discontinued.

1. Two parts of sulphur to one part of cream of tartar, mixed in a little molasses, so as to form it into a kind of paste. Half a teaspoonful of this should be taken two or three times a day, or sufficient to operate slightly on the bowels. Sulphur should be used freely in the mouth, so that it may come in contact with the parts affected. In addition to this, if there is ulceration of the gums or mouth, sprinkle occasionally a little powdered red chalk on and into the sores.

2. Take, of

Alum..... 1 teaspoonful.

Brandy 4 tablespoonfuls.

Water 1 teacupful.

Mix, and wash the mouth with this every three or four hours. This is a valuable cooling and healing gargle.

3. A strong decoction of golden seal is likewise another.

4. Sage-tea is also very useful, and should be employed for the same purpose, when the others are not at hand.

5. The greatest suffering is experienced in consequence of taking cold after the use of it; when this happens, let perspiration be promoted. When the mercurial rheumatism is produced, and the joints are stiff, an infusion of *burdock-seed* is very good. A little sulphur may be mixed with Venice-turpentine, spread upon linen, and laid upon the parts affected; after which, let a strengthening plaster be

applied ; but it is exceedingly difficult to remove the consequences attending such lamentable mal-practice.

The patient should live on a good, nourishing diet, and take gentle exercise in the open air when the weather is dry ; but, by all means, avoid any sudden and violent exertions of strength, as fatal consequences have been known to result from such causes.

6. The following course of treatment is recommended by Dr. H. Howard :

“ When we have reason to suspect that an individual is suffering from the effects of mercury retained in the system, we should resort to steaming in the most thorough manner. Nothing but the highest heat which can be borne will be sufficient to drive this dangerous substance from the body.

“ In general, the same taste will be experienced in the mouth whilst undergoing a process for expelling mercury, that occurred when the system was first under its influence ; and in some instances salivation has ensued, and even purging.

“ The face often becomes swelled whilst in the vapor-bath, to relieve which, the patient should cover his head so as to admit the hot steam to his face, and keep it exposed to the vapor as long as he can bear it ; which process must be repeated until the swelling is gone. Or, after the steaming, when the patient is in bed, take a red-hot stone or brick, and cool it just so as not to burn, then wrap it up in a cloth wet with vinegar and water, with a dry one outside of this, and place it near the face, covering the head and inhaling the steam as hot as it can be borne.

“ The steaming should be often repeated, the patient at the same time taking freely of Cayenne ; and a bitter tonic, made very warm with it, must be taken frequently during

the day. If costiveness prevail, the bitter-root or yellow parilla-root must be added to the bitter tonic. Sarsaparilla may also be used as a common drink."

A good means of taking a vapor-bath may be found under the head of "Spirit-Vapor Bath," which see.

7. Sumach—An infusion of the bark of this root is said, by Dr. Fahnestock, to be almost a specific for mercurial salivation.

8. The following are each good washes for this affection: A strong infusion of golden seal, common green tea or wash the mouth with sulphur-water.

SCURVY (Stomacace)

This disease prevails chiefly in cold, northern countries; especially in low, damp situations, near large marshes or great quantities of stagnating water. Sedentary people of a dull, melancholly disposition, are most subject to it. It proves often fatal to sailors on long voyages, particularly in ships that are not properly ventilated, have many people on board, or where cleanliness is neglected.

Causes—The scurvy is occasioned by cold, moist air; by the long use of salted or smoke-dried provisions, or of any kind of food that is hard of digestion and affords little nourishment. It may also proceed from the suppression of customary evacuations, as the *menses*, the hemorrhoidal flux, etc. It is sometimes owing to a hereditary taint, in which case a very small cause will excite the latent disorder. Grief, fear and other depressing

passions, have a great tendency both to excite and aggravate this disease. It may likewise proceed from neglect of cleanliness, bad clothing, the want of proper exercise, confined air and unwholesome food.

Symptoms—This disease may be known by unusual weariness, heaviness and difficulty of breathing, especially after motion; rottenness of the gums, which are apt to bleed on the slightest touch; a disagreeable breath; frequent bleeding at the nose; cracking of the joints; difficulty of walking; sometimes a swelling and sometimes a falling away of the legs, on which there are livid, yellow or violet-colored spots; the face is generally of a pale or leaden color. As the disease advances, other symptoms come; as decayed teeth, foul, obstinate ulcers, pains in various parts, especially about the breast, dry, scaly eruptions all over the body, etc. At last, a wasting or hectic fever comes on, and the miserable patient is often carried off by dysentery, diarrhea, dropsy, palsy or mortification of the bowels.

Remedies—In the treatment of scurvy very little medicine is required, except for overcoming the urgent symptoms. A proper change of diet is the best curative measure that can be adopted.

1. As for medicines, should there be obstinate constipation, some cream of tartar may be taken; or a dose of castor-oil may be given in some lemon-juice or a weak solution of citric acid. If diarrhea be present, an infusion of blackberry-root, or geranium should be given.

2. "I have often seen," says a writer, "very extraordinary effects, in the land-scurvy, from a milk-diet. This preparation of nature is a mixture of animal and vegetable properties, which, of all others, is the most fit for restoring a decayed constitution." The most proper drink in the scurvy is whey or buttermilk; when these

cannot be had, sound cider or spruce-beer may be used. A decoction of the tops of the spruce-fir is likewise good; it may be drunk in the quantity of a pint twice a day; tar-water may be used for the same purpose, or decoctions of any of the mild, mucilaginous vegetables, as sarsaparilla, marshmallow-roots, etc. Infusions of the bitter plants, as *tansy* or *century*, are likewise beneficial.

3. Obstinate and foul ulcers should be washed with lemon-juice, and dressed with a poultice of yeast, or yeast and elm-bark. A poultice of cranberries will be found excellent.

4. If the skin becomes affected with spots, scabs or scales, wash the whole surface once a day with a water made acid with vinegar, or a little muriatic acid.

5. For spongy gums, apply a solution of alum.

6. The plant called the narrow dock is excellent for scurvy.

There is no doubt that this article possesses, in a high degree, the power of curing this disease. If the fresh roots can be procured, a small handful of them may be sliced up and steeped in a quart of water, of which the patient may drink from a fourth to a half teacupful several times a day; and if the dried root is used, one teaspoonful of the powder may be steeped in half a teacupful of hot water, and taken as a dose three or four times a day.

The common burdock has also been advantageously used in cases of scurvy, and if the narrow dock cannot be procured, this might be substituted for it. The medicinal powers of the smooth or broad-leaved dock, which so nearly resembles the narrow kind, is said by some to be fully equal to the latter, in the cure of diseases of the skin, for which it is so celebrated; and in the absence

of the narrow, the broad-leaved dock may be used instead of it.

7. Perhaps the best curative agent, in this disease, is the juice of the lemon. Take a tablespoonful, three times a day. When the lemons cannot be obtained, the oil or the syrup of lemons may be substituted in their place.

If there is reason to believe that the disease proceeds from a sedentary life or depressing passions, as grief, fear, etc., the patient must daily take as much exercise in the open air as he can bear. When the scurvy has been brought on by a long use of salted provisions, the proper medicine is a diet consisting chiefly of fresh vegetables of all kinds; the use of these, with milk, herbs, fresh bread and fresh beer or cider, will seldom fail to remove the scurvy of this kind, if taken before it is too far advanced; but, to have this effect, they must be persisted in for a considerable time. When fresh vegetables cannot be obtained, pickled or preserved ones may be used; and where these are wanting, recourse must be had to vegetable acids. All the patient's food and drink should, in this case, be sharpened with cream of tartar, vinegar or the muriatic acid. These things, however, will more certainly prevent than cure the scurvy, for which reason sea-faring people, especially on long voyages, ought to lay in plenty of them.

The patient should be cautioned against any sudden movement or exertion, as these have frequently been followed by immediate death; but as strength returns, moderate exercise will prove of advantage.

ST. VITUS'S DANCE (Chorea).

This is a disease characterized by convulsive movements of the limbs, occasioning ludicrous gesticulations, and arising from involuntary action of the muscles. It has been wittily termed "*Insanity of the voluntary muscles.*"

Causes—*Fright*, irritation from teething or worms, self-pollution, deranged uterine functions, hysteria and *descent from nervous, hysterical women*. A frequent cause is "contagion of the eye"—that is, the patients seeing others suffering from the disease are liable to contract it. Thus *stammering and stuttering*, local manifestations of St. Vitus's Dance, are frequently the result of seeing or imitating others having the same defect.

General Measures—The most important part of the treatment consists in the use of moral influences, especially when the disease does not occur from any appreciable cause. There must be removal from too sympathizing friends; the patient being placed under the care of a kind but firm guardian.

He must be encouraged to exercise his will in the control of the muscles; if the hands be affected, he should be required to carry crockery or other fragile articles; or if the lower limbs, to walk on short stilts, etc.; if the muscles of speech be implicated, inducing stammering or stuttering, the best way is for the person to humble himself to the infant state, and be taught anew the use of language from those ingenious instructors who teach the deaf and dumb, and systematically learn to shape slowly and deliberately his mouth into the form requisite for definite enunciation. By practicing thus at leisure, and before a looking-glass, he may gain great control over the articulating muscles.

The patient must not be allowed to associate with others similarly affected ; nor should his disease be enlarged upon in his presence ; his attention should rather be diverted from it as much as possible.

Benedict declares that out of twenty cases treated by him with the constant Galvanic current, not one has failed to recover.

When the constitution is feeble, the best *hygienic* measures must be adopted.

Forcible control of the muscles only aggravates the disease.

Remedies—1. The following infusion is a specific in this disease. I know not of a single case in which it has failed to effect a cure : Take, of sculleap (*Scutellaria Lateriflora*), one ounce ; boiling water, one quart ; strain, and sweeten with loaf-sugar. Let the patient drink freely of this through the day ; and this should be drunk alternately with a tea made of the lady's slipper, when it can be obtained.

If the foregoing remedy cannot be readily got, then obtain at the drug-stores, or gather a quantity of the herb known as the *Fever-Few* (*Pyrenthrum Parthenium*), and make a strong infusion of it. Then take a teacupful, twice a day, and you will find it effective. It will seldom be necessary to employ any other medicine.

Accessory Treatment—All causes of irritation must be carefully avoided, and the patient should take suitable out-door exercise, be furnished with pleasant company and something to occupy the mind. In some cases the disease results from sexual excitation and onanism. This should be looked into, and if reasonable evidence exists, means should be employed to stop it.

The body must be bathed every day, with friction in drying. The diet must be nourishing and of easy diges-

tion, avoiding all fats and sour things. If a child, it should be taken from school, and not excited in any other way. When worms are suspected to be the cause of the disease, they must be removed; or any other cause, when known, must first be cured before attempting any other treatment.

PUTRID SORE THROAT (Cynanche Maligna).

This disease generally affects the glands of the throat, while the common quinsy affects the mucous membrane. In the putrid sore throat there are also cankers, sores and ulcers in the throat, together with great debility of the system. In the inflammatory sore throat, there is always great difficulty of swallowing; whereas, in the other these symptoms are not present.

Causes—The cause of this disease is specific contagion; it is often communicated by infection; when it is not, it most generally arises from cold, in habits predisposed to the disease. Whatever tends to produce putrid or malignant fevers may occasion the putrid, ulcerous sore throat; as neglect of cleanliness, unwholesome air, damaged provisions, etc.

Symptoms—Some consider this disease the same as scarlet fever; but, although very similar, there appears in some respects a marked difference. The symptoms of this complaint are chills, fever, stiffness of the neck, soreness and inflammation of the throat. Ash-colored spots appear

upon the inflamed parts, which produce deep ulcerations. The breathing and speaking are attended with a peculiar noise and hoarseness. It is ushered in with sickness, vomiting, looseness and great anxiety. The pulse in general is small, quick and fluttering. The countenance is often full and bloated, sometimes pale and sunk, and the breath is intolerably offensive. The ulcers become livid or black, and sometimes gangrene to a considerable degree takes place. Putrid symptoms now appear, under which the patient sometimes sinks in a few days. At the close of the disease hemorrhage from the mouth, nose and other parts takes place.

Remedies—1. Take one-half a pint of good vinegar, and as much water, one tablespoonful of salt, and one teaspoonful of Cayenne-pepper. Simmer them together for ten minutes; when cold, strain, and give, at a dose, one teaspoonful every hour, until favorable symptoms appear; after which, repeat the dose every two or three hours. When this remedy is employed in the first stages of the disease, frequently no other will be required.

2. A plaster, made by melting rosin and adding to it equal parts, each, of honey and powdered camphor, spread upon a piece of flannel, and worn around the throat for several days, is effective.

3. Take sumach-berries, or the bark of the root, white-oak bark and blackberry-root, of each a handful; make a strong decoction; add to a pint, a lump of alum nearly as large as a walnut, and, when cool, strain and use it as a gargle, and apply it to the ulcers frequently. It is an infallible remedy.

4. When there are putrid symptoms, such as offensive breath, pale countenance, livid lips, cold extremities

and sinking of the vital energies, give the patient, if an adult, a tablespoonful of yeast, frequently repeated.

5. Lime-water makes a very efficacious gargle, in this difficulty. It should be used every one or two hours, prepared as follows: Pour, upon a quarter of a pound of fresh unslaked lime, two quarts of hot water. After standing several hours, carefully pour off the clear liquid, without shaking up the lime.

6. A gargle of wild-indigo (*Baptisia Tinctoria*) is usually very prompt in arresting putrid sore throat. It is an herb that grows very plentifully in almost all parts of the United States, and it may be had at all drug-stores.

Accessory Treatment—A light and airy room is very important in this disease. The patient may wash the mouth and gargle the throat with a tea, made by pouring boiling water on dried apples. The diet, in all cases of inflammation of the throat, must be light, consisting of rice-water, arrow-root, thin gruel, soft-boiled rice or soft toast, if the patient can swallow it without difficulty; to which may be added in malignant cases, especially when there is great prostration of strength, milk, thin custard and beef-tea; as the patient recovers, mutton-broth, and even beef or mutton, if the patient can chew and swallow them. The diet must very gradually be made more nutritious.

SEA-SICKNESS (Nausea Marina).

This affection, though very distressing, is not serious; it is caused by the motion of the vessel. The seat of the affection is in the brain, and the sickness probably arises

from a deficient amount of blood supplied to that organ. The retching or heavings, and vomiting frequently recur, with intervals of extreme physical prostration, a sinking sensation at the pit of the stomach, vertigo or dizziness, headache, etc. The symptoms, especially the vertigo, are most severe in the upright posture, and are at once relieved by a strictly horizontal one.

Treatment—Petroleum should be taken on going on board; a drop or two on a small piece of sugar, repeated every two or three hours. From personal experience in two voyages across the Atlantic, we recommend this as the best remedy for sea-sickness. Chloral hydrate in doses of twenty grains, will often enable the worst sailor to make a short sea-passage in perfect comfort.

Remedies—The essence of peppermint, with many persons, is a perfect specific for sea-sickness, particularly after free vomiting has occurred. To one teacupful of hot water add a teaspoonful of the essence; sweeten, and take a swallow of this occasionally, and the symptoms will soon be allayed and the patient relieved. If this drink can be made warm each time, it is probably more effective.

Prevention—For several days before embarking, indigestible food or any irregularity in diet should be avoided. At the same time, one of the preventive remedies may be taken. Dr. Marsden informs the author that he has found those medicines most efficacious which, taken a day or two before going on board, improve the digestion. During the early part of the passage, unless the weather be very fine, the patient should remain in his berth in a horizontal posture, and take chiefly liquid food—beef-tea, chicken-broth, etc. Good draughts of warm water, in the author's experience, more often relieve than anything else. Warmth to the stomach and feet tends

very much to prevent sea-sickness. Anything to amuse, and divert the attention from the waving posture, is useful.

Another measure of prevention is to pass a broad belt round the body and place within it, on the region of the stomach, a pad stuffed with wool or horse-hair; this, when tightly braced, restrains the involuntary motion of the stomach, occasioned by the lurching of the vessel. During sickness, very weak, cold brandy and water will be found the best means of allaying the heat and irritation.

A medical writer gives the following experience, and mode of treatment, while aboard a vessel at sea :

A lady and two daughters, very ill indeed, attracted my attention. I approached them with a kind suggestion to give relief. It was accepted. Ladies, I said, if you will each drink a tumbler of tepid fresh water at my hands I undertake to promise you rapid relief. The water was drunk; the stomach shortly after responded by ejecting the liquid. No more vomiting occurred, and the ladies laid down quiet, but exhausted, from previous retching. An hour passed; I visited my ladies again, pleasant smiles, return of healthy color, and gratitude rewarded me. I proceeded further. A young married couple were victims of sea-sickness also. I proposed the same treatment with the same results. I went a little further with the gentleman; shortly after relieving the stomach with the warm water, I requested him to take a glass of cold water; the effect was magic. He felt quite well. Though we had five hours' steaming still to get through before arriving at Southampton, I had the satisfaction of seeing my patients relieved permanently.

SCROFULA, OR KING'S EVIL.

This disease chiefly affects the glands, and consists of small kernels under the skin of the neck, and under the jaw, where they remain for a long time, often gathering and

breaking. The eyelids are often attacked with this disease, when they thicken, become inflamed and discharge a thick mucus.

As to the causes of scrofula, there can be no doubt that hereditary predisposition goes before all others. In children, the glands of the neck and chest are the most usual seat of scrofulous disease. In adults, the lungs most generally suffer.

Causes—Want of pure air, unhealthy occupations and deficient supply, or an improper quality of food, may serve as causes of this disease.

Two other potent causes of scrofula have been pointed out by Dr. Piddock; they are hereditary predispositions, occasioned by *tobacco-smoking* on the part of the father, and the existence of *leucorrhœal discharge* on that of the mother. To both of these we would draw special attention.

Indulgence in tobacco-smoking, more especially when the habit becomes frequent and inveterate, or where it has been acquired early in life, is a fruitful cause. The pale, sallow complexion, the frequently disordered digestive functions, and the debilitated or consumptive frames of many young fathers, in the present day, attest the pernicious tendency of the habit in question.

Symptoms—This disease affects the glands chiefly, and consists of small kernels, under the skin of the neck and under the jaw, where they remain for a long time, often gathering and breaking. The eyelids are often attacked, when they thicken and become inflamed, discharging a thick mucus. In children, the glands of the neck and chest are the most usual seat of scrofulous disease, though it sometimes settles in one of the joints of the hip, producing what is known as coxalgia, or hip-disease.

In adults, the lungs generally suffer, and this local affection is called tuberculous consumption.

Remedies—1. The Oregon grape-root (*Berberis Aquifolium*) is a new, yet a sovereign remedy for this disease, and it is seldom any other will be needed. Use the fluid extract, which is now kept in almost every drug-store, and manufactured by Parke, Davis & Co., at Detroit. Dose, twenty drops, twice a day.

2. Take a handful of walnut-leaves, bruise and steep in a pint of water. Strain and sweeten. A grown person should take about one-third of this quantity during each day.

No visible effect may be noticed for two or three weeks, but afterwards the curative effects will rapidly follow.

“When this remedy is persevered in,” says Dr. Niegrier, a distinguished French physician, “it will certainly effect a cure.”

3. A preparation obtained from the action of aquafortis on copper coin, is exceedingly efficacious in this disease.

4. In reference to it, Dr. Hall says, “A few years ago, a distinguished western millionaire wrote of a favorite remedy for scrofulous ulcers, ‘I have never heard of a case where it did not effect a speedy cure, and it can in no case do any injury. In several instances where it has been applied to old sores, it has also speedily effected perfect cures.’ Put one ounce of aquafortis in a bowl or saucer; drop in it two copper cents—it will effervesce—leave the cents in; when the effervescence ceases, add two ounces of strong vinegar. The fluid will be of a dark-green color. It should and will smart. If too severe, put in a little rain-water. Apply it to the sore morning and evening, by a soft brush or rag. Be-

fore applying it, wash the sore with water. Its first application known to me was a poor girl sent to our city from Memphis to have her leg cut off, as it was feared she might not live long enough to have it cut off in that hot climate. She was refused admittance to the poor-house, and was lying on the sidewalk, as she could not even stand up. From her knee to her foot one-third of the flesh was gone, and all the skin except a strip about two inches wide. She was laid on a bed, and the remedy placed on a chair by it. She could rise up and apply it. In a few days she declared it was getting well. It was supposed it was a relief from the pain only, but when examined, fresh flesh was found growing, and skin over it. She was soon running about and would work, which delayed the entire cure, leaving a small sore, which was in a few months entirely healed. A young girl, with scrofula in her neck, having a large open hole, and deemed incurable came, and in one month after, was entirely cured. I have never known a case where it did not effect a cure."

5. When scrofulous tumors have not yet discharged any matter, they should be dispersed, or "scattered" by the following means:

A poultice of yellow dock or burdock-leaves, pounded and made into a plaster, with some corn-meal and vinegar.

Or, a poultice of stramonium, or jimson-leaves and poke-leaves, equal parts, may be pounded together, and applied over the tumors, changing them twice a day.

After ulcers have formed, it is best to heal them as soon as possible. For this purpose, wash them two or three times a day with Castile-soapsuds, to which a small quantity of whisky has been added, and then apply one of the following ointments:

Take sweet cream, scrape some fresh carrots in it, and beat them together; strain off the cream by squeezing it in a coarse cloth.

Take, of sweet-oil and linseed-oil, each one ounce, boil them in a tin vessel until they will scorch a feather, then gradually sprinkle in an ounce of red lead, stirring it all the time. As soon as the mixture is black, or dark, remove from the fire, set the vessel in some cold water, stirring all the time. When it is nearly cold, add gradually half an ounce of finely powdered camphor, stirring the whole together thoroughly. Apply twice a day.

If the tumors are much inflamed, apply a poultice of bran and slippery-elm bark. Linseed-meal and slippery elm are very good. Apply cold, and renew when dry. The poultice is almost sovereign when the tumors burst, if it is mixed with the pulverized bark of the root of bayberry and a little sweet oil. First, cleanse the tumor well with soap and water; then apply the poultice. The extract of clover is very good for this purpose. It is made by boiling the flowers in water, then strain and reduce it to their extract by boiling.

Moderate exercise in the open air is most essential; and in carrying out this suggestion, the patient should endeavor to take exercise with the mind agreeably occupied, rather than follow it as an irksome task. Moderate gymnastic exercises are beneficial; but profuse perspiration should be avoided.

The food of scrofulous patients should always be of the most nutritious character, light and digestible. Beef, mutton, venison and fowls, are the best kinds of animal food; to these should be added preparations of eggs and milk, a due quantity of bread, mealy potatoes, rice and other farinaceous principles, as more suited to this class of patients than succulent and watery vegetables.

Cod-liver oil, as a supplemental article of diet, is an agent possessing such remarkable and well-known properties of arresting general or local emaciation, as not to require further recommendation here. It may be given in almost any case in which a patient is losing flesh, in teaspoonful doses, two or three times a day, commencing even with half a teaspoonful, if it be found at first to disagree.

Bathing, both in fresh and salt water, is invaluable, as a means of promoting a healthy action of the skin, and of imparting tone to the whole system

Clothing should be adapted to the season, and should be warm without being oppressive. The extremities especially should be kept warm. As a general rule, flannel should be worn, but only during the day; in winter it affords direct warmth, and in summer it tends to neutralize the effects of sudden changes of temperature. The linen should be frequently changed, always observing that it is put on perfectly *dry*.

The *patient should constantly bear in mind that in order to effect a cure, he should take daily exercise in the open air.*

SORE THROAT OF PUBLIC SPEAKERS— CLERGYMEN'S SORE THROAT (Laryngitis).

Symptoms—The patient first complains of an uneasy sensation in the upper part of the throat, with a frequent disposition to swallow, as if something existed there which

could thus be removed. If proper treatment be not adopted, the voice soon undergoes a change; it becomes feeble and hoarse, and sometimes, especially towards the evening, there is complete loss of voice. The patient complains of pain in the upper part of the wind-pipe, and makes frequent efforts to clear the throat of phlegm by coughing and spitting. On looking into the throat, the parts are found to have an unhealthy appearance, being raw and granular, and the mucous glands filled with a yellowish substance; a viscid mucous secretion may also be seen adhering to the palate and adjacent parts.

Causes—This condition is probably most often induced by the exercise of the organ of voice when in an inflamed state. An extension of the affection is almost certain to result from exercising the voice during an attack of sore throat or hoarseness, as the muscles of the wind-pipe lose their nutrition through extension of the morbid materials from the inflamed mucous membrane. The disease may also result from an immoderate or irregular exercise of the voice, or it may follow inflammatory disease of the bronchial tubes or lungs, by much exercise of the voice before recovery has taken place. It is also occasioned by an unnatural style or tone of reading or speaking, as with preachers and military officers.

The affections designated by the above names, being of a similar nature, and requiring similar treatment, are included in this caption.

Remedies—1. In the milder forms of this disease, the inhalation of the vapor of vinegar, and frequently gargling the throat with a mixture of vinegar, rain-water and salt, together with an absolute rest of the voice, will be found sufficient to remove all symptoms of the disease. In the winter season, the feet should be well warmed, for half an hour or an hour, previously to retiring at night,

and this should be repeated every night through cold and changeable weather.

2. In severe cases, take equal parts of oil of turpentine and olive-oil. Mix, and apply twice a day.

3. The active principle of the *stone-root* (*Collinsonia Canadensis*), called *Collinsonin*, prepared by druggists, is an efficacious agent in this affection. Dose, one or two grains, three times a day. This acts very promptly, and is, perhaps, the best in use for this difficulty.

4. The Mullein is also a very excellent remedy. The *Medical and Surgical Reporter* says,

“In that form of disease in which there is dryness of the wind-pipe, *with a constant desire to clear the throat*, attended with little expectoration, and considerable pain in the part affected, the mullein smoked through a pipe acts like a charm and affords instant relief. It seems to act as an anodyne in allaying irritation, while it promotes expectoration, and removes that gelatinous mucus which gathers in the wind-pipe, and, at the same time, by some *unknown power*, completely changes the nature of the disease, and, if persevered in, will produce a radical cure.”

5. When the palate is found elongated, a portion of it may be cut off by a surgeon, without any danger, and this should always be done to lessen the irritation caused by it; and should the tonsils be enlarged, they should likewise be properly excised by a surgeon.

Accessory Treatment—1. *Rest*. The most important is to exercise a sore or inflamed organ as little as possible. The treatment of an inflamed wind-pipe, like that of an inflamed joint, should include a state of almost complete rest. As a preventive remedy in the case of clergymen, we would strongly urge the general adoption of Monday, as a day of out-of-door recreation and cessation from all work, and thus compensate for the great

mental and physical expenditure involved in the discharge of the duties of the earnest minister of the gospel on the Sunday.

2. The Throat-Compress—When this is applied the patient should retire, and he will generally have the satisfaction of finding his throat-difficulty much relieved in the morning. In more obstinate cases, the compress should be worn in the day-time, re-wetting it as often as necessary. When discontinued, the throat and chest should be bathed with cold water, followed by drying and friction. However often repeated, the compress never relaxes the throat.

3. Cultivation of the Beard—The beard and moustache should be permitted to grow, as they afford an excellent protection to the throat, especially in the case of barristers, clergymen, public singers and others subjected to the undue or irregular exercise of the organ of voice.

SYPHILIS, OR POX.

Causes—This disease is most frequently caused by impure sexual intercourse; though, should either of the parents be affected with the disease, the child may inherit it. If a child has syphilitic disease of the face, it may communicate it to the nurse. Or, should the nurse have syphilitic disease of the nipples, breast or face, the child may contract it. It may also be communicated by contact with the syphilitic virus in water-closets.

Symptoms—These are of three kinds or orders.

Physicians term them primary, secondary and tertiary. The first appear within a few days after one has been exposed—say, from two to ten—in the form of sores on the penis or scrotum ; and sometimes there appears, at the same period or a little later, a swelling in the groin. This may form matter, break and discharge, and makes a sore, like the others very hard to heal. Or, it may pass away without breaking, or even heal quickly and kindly, following a gathering and discharge. In the female, these sores may be on the outside parts, or within the vagina and water-passage, or on the womb. These sores are sometimes light and transient ; but where they indicate the coming-on of the secondary stage of the disease, they are hard, deep, red, angry and malignant. In people of bad health or habits, the sore sloughs and spreads rapidly, and looks dark and livid. The injudicious use of mercury produces similar effects on persons of the strongest health and most regulated habits.

Second Stage—This is indicated by the appearance, on various parts of the person, such as the tongue, lips, throat and wind-pipe, of ulcerous sores, mattering about the roots of the finger-nails, and inflammation of the colored part of the eye. Sometimes there are pains, like those of rheumatism. Syphilitic sores are of various kinds, and are generally long-continued, of a brassy or copperish color, often scaly, and very likely to poison the surrounding flesh, producing tubercles, of a brown color, surrounded by a dark-red circle, and likely to pass into offensive ulcers. These external appearances are sometimes, however, simulated by other diseases.

Third Stage—This is simply a more advanced period of the disease, attested by a general aggravation of the symptoms. The skin-affections seem deeper seated, and portions of the bones become enlarged. They be-

come inflamed, decay and die; especially those of the nose, palate and shins. It is generally several years, before these symptoms appear. When deep-seated pains in the bones follow the earlier symptoms, we may conclude them syphilitic, and that the disease is still going on.

Primary syphilis is certainly contagious. As to the later stages, the authorities differ on this point; though we are inclined to the opinion that it is not. But we ought to say that, in order to communicate syphilis, it is, in general, necessary that actual contact should take place. During the continuance of the primary symptoms, the disease is liable to be transmitted to offspring, and, in many cases, the secondary form also.

Remedies—1. The plant called *stillingia*, or *yaw-root*, will cure almost *any case* of this disease. Dose, of the decoction, from a half to a wineglassful, three times a day; of the tincture, one teaspoonful. The compound syrup is a good preparation to take, and may be had at any drug-store; the dose of this is a teaspoonful, three times a day.

2. For many years past, when an ulcer remains unbroken and in the pustular form, in which condition it is not acted upon by the oxygen of the atmosphere, I have been in the habit of rupturing the pimple with a needle, and then at once applying a few drops of nitric or muriatic acid. I do not believe that absorption of the syphilitic virus, to any dangerous extent, takes place until after the exposure of the open ulcer to the atmosphere. In some few cases, the acid causes pain for a short time, but in most instances the pain is slight. I have treated some hundreds of cases in the above manner, and have not yet heard of any return of the disease in constitutional form.—[*Prof. King.*]

3. Ricord, the great French authority on this subject, has introduced a new treatment for syphilis with iron. One part of the potassio-tartrate of iron is dissolved in six parts of water, and two teaspoonfuls are given three times a day. The same solution is applied to the external sore

or chancre. This author says that no secondary symptoms have been known to occur after this treatment.

4. Take, of compound syrup of stillingia, two fluid ounces; a strong tincture of sheep-laurel, two fluid ounces; strong tincture of poke-root, two ounces. Mix. Dose, one teaspoonful, three times a day. This remedy has cured many bad cases in from four to six weeks, and is the favorite treatment of some eminent physicians.

5. The black oxide of mercurius is a never-failing remedy for the cure of recent, uncomplicated syphilis, when employed in the manner specified below. The second decimal attenuation of this medicine is that which is employed, and will usually have to be procured at a Homœopathic drug-store. Of this, take one-half a grain, morning and evening, either dry, on the tongue, or in a little water. Frequently, the first signs of cure are manifest at the end of twenty-four hours, and often, a radical and permanent cure is effected in seven days, and *always* in from seven to twenty-one days.

In old or chronic forms of syphilis, or in those that have been mismanaged by previous unskilful and unscientific medical treatment, no physician can, or should promise a cure in any specified time. In such cases, it may require months to eradicate the poison from the system. Persons affected with this form of the disease cannot, and ought not, to expect that a speedy cure can be made. On the contrary, much time and patience of their own, together with proper attention to diet and due diligence to avoid exposures—as extremes of heat and cold, dampness, fatigue, etc.—will be necessary. All sexual indulgences are strictly to be prohibited, and a rigid temperance in all other things absolutely maintained.

External Treatment for Chancre—The best agents for its destruction are the following: Nitric acid,

carbolic acid and the tincture of iron. The chancre should be carefully wiped out, with dry lint or cotton, until it is well cleaned of the discharge that accompanies it. When this is done, take a small piece of wood, like a match, and dip it into the remedy to be used (I always prefer the carbolic acid), and with this carefully but thoroughly touch every portion of the chancre, re-dipping the stick several times at each treatment. Now, moisten a little cotton or lint with glycerine, and lay it over the chancre as a dressing. It should be treated in this way only once a day, for four or five days, or until the chancre is destroyed; but the glycerine-dressing should be applied, or changed, two or three times daily. If the patient should use the nitric acid or the tincture of iron, he should apply it in precisely the same manner. In case he should use the nitric acid, he should always remember to immediately wash the ulcer with equal parts of vinegar and water, in order to neutralize the acid.

Bubo—As soon as a chancre makes its appearance, the groins should be carefully watched. If any soreness or swelling takes place in that locality, a bubo should at once be suspected. Use, immediately, the following, over the sore or tender spot: Tincture of iodine, one ounce; glycerine, half an ounce. Apply twice a day, with a camel's hair brush, or some other convenient implement. After this, apply a poke-root poultice, made by roasting the fresh root in hot ashes until it becomes soft, then mashing it. If this root cannot be had, use a poultice of elm-bark and stramonium-leaves. Should the bubo continue to increase in size, and pass on to suppuration, or, in other words, to form matter, it should be opened with caustic potash, and injected, once a day, with Castile-soapsuds and spirits, followed by an injection of the tincture of the muriate iron.

SECONDARY SYPHILIS.

Remedies—1. In this disease, a new remedy has recently been introduced to the medical profession which, in consequence of the marked success attending its use, is taking a position in its treatment that is accorded to but few other drugs. It is the Oregon grape-root (*Berberis Aquifolium*). The fluid extract of this root can be procured at the drug-stores. Take, of this, one tablespoonful; four of simple syrup; and as much water. Mix. The dose is one tablespoonful, morning and evening.

Some practitioners consider it advisable to combine iodide of potash with this remedy. In this case, four grains may be added to the whole of the above preparation, and taken as before.

2. The plant, called the turkey or squirrel-corn (*Corydalis Formosa*), is regarded by Eclectic physicians as very nearly a specific for the cure of syphilis. As a blood-purifier, in this disease, it has, probably, no superior. Dose, of the tincture, one teaspoonful; of the extract, which is a fine powder, from one-half to a grain, three times a day, until cured.

3. Take one pint of the syrup of sarsaparilla, two fluid ounces of the strong tincture of poke-root, and one drachm of iodide of potash. Mix. Of this, take one teaspoonful, three times a day.

This is popular with the New-School physicians; yet it may require weeks, and even months, to effect a cure, as it usually does in this form of the disease. But it will hardly fail, eventually, to succeed, when perseveringly used.

4. In secondary syphilis, Prof. E. M. Hale, author

of "New Remedies," has used the pleurisy-root (*Asclepias Tuberosa*) with uniform success. Dose of the tincture, thirty drops to a teaspoonful, three times a day. It is a harmless drug.

Syphilitic Rheumatism—This is rheumatism of the long and flat bones, between the joints. The remedy for this is ten or fifteen grains of the iodide of potassium, three times a day, until the symptoms have disappeared, and to be taken again should they return. It is believed that this will cure where cure is possible.

Prevention—The means of preventing syphilis are the same as that given under "Gonorrhea;" which see.

Accessory Treatment—The diet of the patient should be nutritious and easy of digestion, avoiding acids, all greasy food, alcoholic drinks and much exercise. Exposures to cold must be carefully avoided. Persons free from syphilis should not sleep in the same bed with those who have it; and, both in gonorrhea and syphilis, patients should be *particular* not to get any matter upon the fingers or towels, lest it come in contact with the eyes, and occasion loss of sight.

INGROWING TOE-NAIL.

This is a very troublesome and often painful affection. The edges or sides of the nail are disposed to turn down and grow into the flesh, giving rise to inflammation, ulceration and often great pain and suffering.

We give several modes of treatment for this difficulty,

all of which are effective. The patient may select from them that which is most suitable to his condition.

Treatment—It may be remedied by softening it in warm water, then paring it thin on the upper surface, and cutting it down as far as may be at the middle part of the extremity, *avoiding cutting the parts which tend to grow in*. By these means the growth is diverted from the sides; *since a nail will grow most where it is cut most*.

2. The foot must be well bathed in warm lye-water at least once a day, and a slippery-elm-bark poultice applied immediately afterwards; this will diminish excessive inflammation, and render the patient more comfortable. But, in order to effect a radical cure, it will be necessary, immediately after the foot has been immersed in the lye-water for twenty or thirty minutes, to press down as far as possible, without exciting too much pain, pledgets of lint between the nail and flesh, until the nail is brought upon a level with the contiguous parts; and after this has been done, if the inflammation has measurably subsided, let a narrow bandage be bound over this, in order to secure the dressings.

I find it best to apply sufficient lint to elevate it above the nail and flesh.

The elm-bark poultice should be changed twice a day. At each subsequent dressing, cut off as much of the nail as is raised out of the tender flesh, with the point of a knife. Continue to do this until the whole of the offending portion is cut away.

3. The following is good treatment, and many think, superior to any other: Wash the toe in warm water, and dry the parts with cotton. Then gently press cotton between the toe-nail and the flesh, and extend it between the skin and the nail. Next, wet a piece of nitrate of

silver and rub it hard upon the nail, close to the cotton, not allowing it to touch the tender flesh; then put on a thin layer of cotton, and, in two or three hours, a poultice around the toe. In two days that part of the nail which has been touched with the nitrate will be black, and, where it was well applied, will be separated from the parts underneath, and may be taken off without pain.

If the nail is very thick, scrape off the black and deadened part after two days, and apply the nitrate again. This treatment is a vast improvement on the old and cruel practice of tearing off the live nail.

Dr. Finch says, "Neither of the cutting operations is at all necessary for the complete and rapid cure of ingrowing toe-nail. If a small, thin, flat piece of silver-plate be bent at one edge into a slight, deep groove, and, after the toe has been poulticed twenty-four hours, slipped beneath the edge of the nail, so as to protect the flesh from its pressure, and the rest of the plate bent round the side and front of the toe, being kept in position with a small portion of resin-plaster passed round the toe, a speedy and almost painless cure will take place; and the patient, after the first day, has the additional advantage of being able to walk. I have followed this method in numerous cases with uniform success."

TOOTHACHE (Odontalgia).

Causes—Decay is the most common *predisposing* cause; sudden changes of temperature, derangements of the digestive organs, pregnancy and general bad health, are the

most frequent *exciting* causes. When the cavity of a tooth has been exposed by decay, the pulp is extremely liable to pain from contact with food, liquids or atmospheric air; and if the health be much impaired or the central pulp greatly irritated, acute inflammation, with extreme pain may result.

Neuralgic toothache occurs in paroxysms, which come and go suddenly.

Remedies—1. Apply strong alum-water and salt to the tooth, by means of a lock of cotton. One or two applications seldom fail to cure. See “Medical Uses of Salt.”

2. Bathing the gums with oil of sassafras, at the same time moistening a piece of cotton with it and plugging the tooth, will speedily cure some forms of toothache.

3. Others will be relieved by putting two or three drops of the oil of cloves on cotton or lint, and placing it in the hollow of the tooth. This will cure without destroying the tooth or injuring the gums.

4. Pains of the face and jaw, when not the consequence of decayed teeth, may be relieved by holding hot water, brandy or the diluted tincture of Cayenne-pepper in the mouth.

5. Toothache, as it originates from different causes, requires, as a matter of necessity, the application of different remedies. In addition to the above, the following may often be used with success: The application of something warm to the part, as a hot brick or rock, wrapped in a wet cloth, or holding the head over a steam having it covered with a blanket; bathing the face or jaw with pepper and vinegar, or applying to the face a paper wet with vinegar and sprinkled with Cayenne; or holding heating substances in the mouth, or chewing a small piece of the bark of logwood, will be found of great benefit.

The same plan may be pursued in cases of ague, or pain in the face and jaw.

Electricity frequently gives speedy relief. Using a constant current of eight or ten elements, the negative pole is applied to the cheek near the aching tooth, and the positive pole to the back of the neck.

Spongy Gums and Tartar on the Teeth—Take, of
Borax.....1 drachm.

Strong tincture of camphor.....1 teaspoonful.

Soft water.....8 tablespoonfuls.

Mix. Wash the teeth and gums with it twice a week, using a soft tooth-brush.

This is a fine remedy for spongy gums, and also in cases where there is a tendency to their wasting away from the teeth. It will clean the teeth of all tartar, give health and renewed vigor to the gums and sweeten the breath.

Filling Decayed Teeth—If the decayed portion be recent and slight, it should be removed, and the cavity filled with a suitable material by a skilful dentist. If the patient be suffering from toothache, the pain should be relieved before filling. When it is not practicable to have a tooth filled by a professional dentist, its cavity should be cleaned and filled with white wax which, by excluding the atmospheric air and the irritation of food, retards the progress of decay. But a better and more durable filling for non-professionals is the prepared *gutta-percha* which, if carefully introduced, after thoroughly cleaning out the affected tooth, may preserve it for years. Dr. Ringer recommends a jelly, made of equal parts of *collodion* and *carbolic acid*, to be used as a filling for hollow teeth.

Extraction of Teeth—In a few cases the only remedy for toothache is *extraction*; this is especially the case if the decay has proceeded so far as to blacken the

tooth, rendering it loose and useless for mastication, injurious to neighboring teeth and a cause of offensive breath. On the other hand, probably in ninety-five cases out of a hundred, considerable experience justifies us in stating that the most distressing cases of toothache are promptly cured. Our advice therefore is—never extract a tooth merely because it aches, or has *begun* to decay. Skilful treatment is usually sufficient to remove the pain; and, subsequently, local and general measures may prevent a recurrence of the trouble.

Means of Preservation—The function of the teeth is so important that their preservation is a matter of the highest moment. The first teeth determine the nature of the second set, and persons suffer lamentably from early neglect. Proximate decay might be prevented, in five cases out of ten, by simply passing a thread between an infant's teeth, twice a week, from the time of their eruption. Professional inspection should also be sought *before* symptoms of decay present themselves, and while there is still hope that the dentist may fulfil what should be regarded as his mission, that of saving the teeth. Cleanliness, with respect to the teeth, is all-important for infants and children, as well as adults. The teeth should be kept clean by rinsing the mouth with pure cold water, and brushing the teeth with a moderately *soft* brush every morning; and, if possible, after every meal, especially when animal food has been taken; and contact with all disorganizing agents avoided. The idea that frequent brushing the teeth is liable to lacerate the gums and separate them from the teeth is erroneous, for it is one of the best methods of restoring them to a healthy condition when they are spongy and liable to bleed. But when a tendency to decay of the teeth or inflammatory action of the gums exists, a dilute solution of

carbolic acid, *myrrh* or other dentifrice, should be regularly and continuously used. The habit of taking very hot substances into the mouth should be avoided, as the expansive power of heat may rupture the enamel, which in turn becomes the nucleus of decay. On the other hand, the habit of subjecting the teeth to the opposite extreme of temperature, as by sucking ice, etc., is also to be avoided. Chewing or smoking tobacco, and the habitual use of strong drinks, tend to destroy the teeth.

To Kill the Nerve of a Tooth—Clean the cavity of the tooth, then apply, by means of cotton, *carbolic acid*; then cover this, or rather plug the tooth, with beeswax; after thirty or forty minutes remove, and the nerve will be effectually destroyed. Be careful not to let the carbolic acid touch the mouth or gums.

ENLARGEMENT OF THE TONSILS (Hypertrophy Tonsilaris).

Enlargements of the tonsils may be of two kinds:

1. The common abscess, occurring in inflammatory sore throat.
2. A chronic swelling, generally the consequence of previous inflammation of the gland in a scrofulous person. They often become so large as to impede both respiration and swallowing.

Remedies—1. Take two tablespoonfuls of molasses and four of water, and two teaspoonfuls of No. six. Mix. Sip a little in the throat, and, at the same time,

swallow a small portion. This tends to keep up a flow of saliva from the parts, and thus relieve their swollen condition and stimulates to renewed, healthy action.

The tonsils, if practicable, should be frequently touched with common *lye*, by means of a piece of sponge or muslin fastened to a probe or stick. The feet must be frequently bathed, and exposure to wet and cold avoided.

2. In *chronic enlargement of the tonsils*, the application of dilute tincture of *iodine*, as a paint, is very useful.

3. The most sure and effectual mode of cure is, after the inflammation has subsided, to remove a portion of the tonsils. This will put an end to the attacks at once. The operation is neither painful nor dangerous. Any physician can do it in a few moments.

TUMORS.

Tumors are swellings of various kinds, may be developed on any part of the body, and owe their origin to some unhealthy action.

There are several varieties of tumor, as scrofulous, cancerous, polypus, etc., some of which have been treated upon under the heads of scrofula, cancer and polypus. At this place we shall confine ourselves to fatty tumors, which are more commonly met with in the region of the head.

The *fatty tumor*, also known as the *adipose*, usually

presents a soft, inelastic appearance, without any pain or discoloration of the skin. It commences very small, but slowly attains to a very large size, its bulk being the only inconvenience to the patient.

Remedies—1. These tumors may often be removed by the application of caustic potash. Care should be exercised when applied over the tumor, to prevent it from running over the surrounding parts. Afterwards, apply a slippery-elm bark and yeast-poultice, to promote suppuration. After a few days sloughing will commence, and the contents of the tumor will be discharged.

2. But the best plan, in most cases, is to remove the tumors by the knife, because the operation is less painful and tedious.

3. Tumors may be removed, when they are pendulous, by passing a silk or linen thread around the base, and then fastening it to a short piece of metal or wood, and daily drawing it tight enough to stop the circulation. Tumors of great magnitude may be taken off in this manner; and there is an advantage in removing them in this way, in consequence of no hemorrhage attending the operation. Besides, the patient has less dread of it than excision by the knife. For tumors called wens, see “Wens.”

HARDENED SWELLING OF THE ABDOMEN (Tympanites).

The symptoms are, elastic distension of the abdomen, not readily yielding to pressure and sounding like a drum, with costiveness and emaciation, but no fluctuation.

In the beginning we observe difficulty of breathing and hollow rumbling of the bowels. Thirst and loss of appetite, pain in the loins, with frequency of pulse succeed, and wasting follows.

The persons most liable to this disease are chiefly those of relaxed and irritable habit, such as have been debilitated by profuse evacuations, intermittents or typhus fever; patients who have recently suffered by spasmodic and inflammatory affections of the bowels, and particularly women after child-birth.

It is sometimes occasioned by dropsy and morbid affections of the liver; at other times by stone in the gall or bladder; frequently by worms; and in one most curious case, reported by Van Swieten, it arose from hemorrhagic effort after suppression of the menses and the hemorrhoidal flux.

It may likewise be induced by poisons, when they occasion flatulence and spasmodic constriction of the bowels.

There is evidently a preternatural distension of the intestines by air, producing loss of tone in the muscular fibres of the part distended; and, from what has been suggested on the process of digestion, it must appear that the accumulation of this air or gas in the stomach or the bowels is to be attributed to some defect either in quantity or quality of the several fluids, the saliva, pancreatic juice and bile, which are mixed with the aliment to assist in the reduction of it into chyle, and to restrain the pro-

gress of fermentation in the feces while they are passing the intestines. But this alone cannot be the proximate cause of the tympanites; for with this must be united spasmodic stricture in some part of the intestines, which prevents the escape of wind, and this spasmodic stricture must be occasioned by some irritation in the system.

Remedies—To a pint of a strong infusion of spearmint or peppermint, add one-half teaspoonful of ginger. Inject as much of this liquid into the bowels each time as possible, and repeat it two or three times a day, according to the symptoms; the patient should endeavor to retain it for some time, unless it produces an immediate discharge of gas. In connection with this, the abdomen of the patient should be slowly rubbed downward with the hand of an attendant, for several hours in succession, or until the swelling has disappeared making as much pressure as can be borne.

To allay the thirst, give either spearmint, horsemint or ginger. Sometimes the wind may be drawn off by inserting in the rectum a long, gum-elastic tube.

During the disease, the diet should be light, digestible and of a nutritious character; all food which will cause acidity or flatulence should be avoided.

ULCERS.

An ulcer is an injury done to flesh from various causes, and from which issues matter, with more or less pain and inflammation. It may arise from any source that

occasions inflammation or corrupts the fluids ; as fever, scrofula, the venereal disease, retention of acrid humors, cold, injuries, etc. It is divided into many different kinds ; but this is unnecessary for practical purposes.

Treatment—Confine with a bandage a compress of cloth so that it shall press firmly upon the portion of the cavity from which the pus or matter comes farthest from the external opening, so as to bring the two sides of the cavity in contact and allow them to heal ; leave the opening free.

If ulcers are irritable and painful, apply soft rags or cotton wet in warm water. If they are indolent or inactive, apply cloths wet in cold water, and several folds of dry flannel over them—change once in six hours. If the ulcer seems to be doing well and the matter is thick and healthy, apply a soft cloth with mutton-tallow spread upon its surface ; do not remove it more frequently than once in twenty-four hours, unless the discharge is very great, and then do not wash off the matter from the surface of the sore, as it is nature's dressing.

If the ulcer is foul and the discharge from it smells badly, use carbolic acid and water, equal parts of each. Wash the ulcer with it once or twice a day.

If the ulcer is on one of the lower extremities, the cure will be expedited by keeping the limb in a horizontal position.

When an ulcer is in a healthy condition, the healing process can often be hastened by drawing the edges towards each other by the means of straps of adhesive plaster, so as to lessen the extent of surface to be healed over.

In addition to the above treatment, bandages are more or less necessary in all ulcers on the legs, unless absolute rest, with the elevation of the foot above the level of the

hips, can be enforced. Laced stockings or elastic stockings are convenient substitutes for the bandage, and are more easily applied. In the treatment of ulcers on the leg, as, indeed, on every other part, undeviating *cleanliness* is essential. The uncleanly habits of many persons, who allow their feet and legs to remain unwashed for weeks together, induce an imperfect vitality of the skin, which favors the formation of ulcers, and renders them disagreeable and obstinate in their results. Washing the lower extremities daily is one of the most potent means of preventing and curing the disease, and restoring the lost vitality of the parts.

As much open-air exercise should be taken daily as is consistent with the patient's strength; but he should not stand much, nor sit with his legs hanging down.

Remedies—The foregoing is the more recent mode of treating ulcers, and, perhaps, in most cases, the best.

The following is that which has heretofore been more commonly employed:

1. To ulcers which are irritable, tender and painful, apply a carrot-poultice, prepared as follows: Scrape the root fine and cover with boiling water; thicken with a little corn-meal; renew once a day, or oftener where there is much discharge.

2. The bitter-sweet, as prepared under the title of "Proud Flesh," which see, is an excellent remedy for ulcers.

3. When neither of the above can readily be procured, the parsnip should be used. In many cases it is not excelled. It is prepared by first boiling and then making it into a poultice.

4. Walnut-leaves are very good, where they can be had, and are very highly recommended by all who have employed them. A quantity of them is to be boiled, with

a small portion of sugar added. Cloths are then to be dipped into the liquid and applied to the ulcer, and changed as often as they become dry.

5. When ulcers are foul and emit a disagreeable smell, mix a small portion of yeast with the poultices which are employed.

6. Fomentations of hops and poppy-leaves are excellent. Sometimes dry applications will be found to have a better effect than moist; such as sprinkling on common flour or pulverized chalk. These may be used for a few days, in alternation with poultices and fomentations. Do not bandage tightly.

7. Indolent ulcers, which are almost insensible to the touch, hard, and the discharge thick and of yellowish color, should be treated differently from those of an irritable character. They should first be stimulated, in order to excite a healthy granulation. For this purpose wash, at each time of dressing, with Castile-soapsuds, in which a little brandy or other spirits has been added, and carefully dry. Then sprinkle over its surface finely powdered blood-root.

8. One of the best preparations for these ulcers is *wild-indigo root*. It is prepared by making a strong decoction and thickening it with powdered elm-bark, or, in the absence of the bark, use corn-meal or starch. If there should be a tendency to mortification, sprinkle the preparation with powdered charcoal, and add a portion of yeast.

If any fungus, or proud flesh appear, sprinkle on the part burnt alum or powdered blood-root. See article on "Proud Flesh."

9. In addition to these local measures, it will frequently be necessary to use some internal treatment, in ulcers of an inveterate character. For this purpose, the

compound syrup of stillingia is very good. It can be procured at all drug-stores. Also, burdock, yellow-dock or sarsaparilla is useful for the same purpose. Dose, two teaspoonfuls, in a little water, twice a day.

Accessory Treatment—The diet should be nutritious and easy of digestion; fats, acids and *liquors* must be avoided.

Healthy ulcers secrete pus or matter, of the color and consistence of cream; these should not be molested with frequent washings.

FEVER-SORES.

Remedies—1. The so-called fever-sores are treated as other ulcers. A good remedy for their cure is the leaves of the chickweed (*Stellaria Media*). Their application should be renewed twice a day.

2. Another very excellent preparation, for the cure of the same, as well as for healing other sores, is the *red-clover* blossoms. They are to be made into a decoction, and then reduced by boiling to a thick paste, and applied to the ulcer on a cloth.

3. Apply fresh-scraped turnip to the ulcer, twice a day. It should be renewed oftener in cases where it becomes very offensive.

This simple remedy has cured cases of ten and fifteen years' standing.

Fever-Blisters—Touch the blister with a piece of saltpetre, three or four times a day. This will prevent the

formation of a sore. One day's use will ordinarily suffice.

HIGH-COLORED AND SCALDING URINE.

Causes—It may arise from various causes ; from inflammation of the kidneys, womb, alcoholic drinks, luxurious diet, excessive venery, etc.

Remedies—This may be readily relieved by drinking freely, every one or two hours, of a tea of goose-grass (*Cleavers*) ; or, of a tea made of marshmallow-root. A tea made of pumpkin-seed or watermelon-seed is often a speedy cure. Any of these teas may be sweetened with sugar or honey.

In some cases, the pain may become so severe that, in order to relieve it, sitz-baths should be resorted to. In such cases, the bath should be taken as hot as the patient can bear, and he should remain in it for twenty or thirty minutes.

The drinks employed should be flax-seed or slippery-elm water.

RETENTION OF URINE (Retentio Urinae).

This is an obstruction to the discharge of the urine.

Retention is liable to be confounded with *suppression* of urine; but in the latter condition the kidneys are the seat of the disease, and do not secrete the urine; in retention, the urine is secreted, but the fault is in the bladder, its sphincter, or in the course of the urethra, in which there may be some cause of obstruction, as stricture, diseased prostate, etc. Suppression may be easily distinguished from retention, for in the latter disease the bladder is distended with urine, and may be felt at the bottom of the abdomen; while, in suppression, the bladder is empty and can scarcely be felt. If it be deemed necessary to introduce the catheter, the diagnosis will be confirmed; in retention the bladder will be found full, but in suppression empty.

Causes—Retention of urine may be owing to a paralysis of the bladder; mechanical obstruction at the neck of the bladder, or in the urethral canal; inflammation of the neck of the bladder; injuries to the bladder; irritation of the parts from gravel, or from cantharides taken internally, or absorbed from a blister; tumors or enlarged prostate glands.

Remedies—1. In all ordinary cases of this disease, egg-shells are a potent remedy and cure that may be relied on. They are to be parched and pulverized, then given, in teaspoonful-doses, every hour.

2. Marshmallow-root is a very popular remedy for retention of urine. When it cannot be had, use parsley. A tea of these plants is to be drunk freely every hour or two. Relief is usually obtained in a few hours.

3. In some cases of this disease, warm water, injected into the urethra with a syringe, acts like a charm.

A copious flow of urine is produced, with subsequent natural discharges at their usual intervals.

4. The old remedy of our grandmothers—a tea, of watermelon or pumpkin-seeds—should have a place, with the others, in the treatment of this disease; for, many times, it is at hand when no other is, and is often prompt and effective, and will preclude the use of any other.

5. There may occur sometimes very inveterate cases, or those that have been neglected, that will require the use of the instrument called the catheter, to draw off the water from the bladder until a cure can be effected. This will necessitate the attendance of a physician for its accomplishment.

6. In no case should a patient be allowed to go longer than twenty-four hours without a passage of urine, and if he takes much drink or fluids and perspires but little, twelve or eighteen hours is as long as it is safe to allow him to go without drawing off his urine by the means of a catheter. Any physician can perform this operation.

Accessory Treatment—External applications—warm baths, hot fomentations—bland drinks and injections by the rectum, greatly aid the medicines in restoring the functions of the parts, if there be not incurable organic disease. The diet should be sparing, and, in some severe cases, restricted to barley-water, gum-water or other diluents.

Not unfrequently the administration of a warm bath or hot sacks of hops and vinegar, placed over the region of the bladder and changed every few minutes, is attended with speedy relief. This is especially the case with children.

SUPPRESSION OF URINE.

From different causes the urine is liable to be suppressed, either partially or wholly, causing great distress. It may proceed from gravel, inflammation of the bladder, prostate gland, urethra, cold, etc. There are swelling, pain and inflammation of the bladder, with great difficulty of voiding urine, or a complete suppression.

The patient becomes dull and torpid, at length sleepy and perhaps delirious, and at the end of four or five days, in cases of entire suppression, stupor, and perhaps convulsions and death occur, if the disease is not relieved. If a small quantity of urine is secreted, the patient may live for weeks, and either recover or die from coma, as in the cases of complete suppression.

When there is suppression of urine there is generally little or no inclination to urinate, and no sensation of fullness in the region of the bladder, nor is there any fullness in the lower part of the abdomen; and if the catheter is introduced, as it always should be, no urine is obtained.

Remedies—1. Spirits of turpentine will produce a speedy cure of this disease, when administered in its early stages. Dose, three or four drops, every two hours, on sugar.

2. The common remedy among many practitioners, is a tea of marshmallow-root; and they rely on it with implicit confidence. It is to be drunk freely, every half-hour or hour.

3. Another, which is relied on with much confidence in more aggravated cases, is the following: Take a wine-glassful of the best Holland gin; add to it a tumbler of spearmint-tea and two teaspoonfuls of spirits of nitre; sweeten with honey and drink the whole during the space

of two hours. The same portion should be repeated every two hours until relief is afforded.

4. Light attacks of this disease readily yield to large draughts of warm lemonade.

5. The following are each good remedies in different forms of suppression of urine: A strong tea, of the common parsley-root, taken freely.

6. Drink a tea, made of watermelon or pumpkin-seeds, every thirty to sixty minutes.

7. Or, one made of the buds or bark of the sycamore-tree. The latter has been the means of curing many difficult cases of this disease.

Accessory Treatment—Place hot fomentations, as hops and vinegar, tansy or hoarhound, on the loins; or, instead of these, in some cases, the warm sitz-bath.

Injecting sweet oil, or even warm milk and water, frequently up the urethra, will often afford relief, especially if the suppression has been occasioned by a small piece of gravel which has stuck in the canal. Injecting tepid water into the bladder itself, in similar cases, by a syringe, will also afford great relief.

If there is fever, or pain and uneasiness in the small of the back, consult “Inflammation of the Kidneys.”

VACCINATION—COW-POX.

This disease is not natural to man, but to the cow. It is similar to small pox; and when artificially introduced into the human system is as nearly as possible, without being absolutely, protective against small pox.

In vaccinating, it is generally not a good practice to use matter passed from arm to arm; as serious consequences are apt, sometimes, to follow. Other diseases, besides the vaccine disease, can pass by inoculation into the system. Of the diseases which may be thus communicated, we may mention certain forms of skin-affections; as the itch, scrofula and syphilis. It is, therefore, highly important that the matter employed should be perfectly pure. For this purpose, it should be obtained from the cow. The matter is first to be inoculated into the bag of the cow. This forms a pustule or scab, and is free from all taint or impurities whatsoever, and should be used in all cases where it is desired to vaccinate a person for the prevention of small pox. This matter, thus obtained, can be found in the principal drug-stores and at the offices of some physicians, or can now be had from any one of a number of vaccine farms at the most trifling expense.

Vaccine should be administered by a careful and skilful practitioner, who should exercise his judgment so as to determine when the constitution of the child is in the strongest and most healthy state for this purpose.

Care should be taken to protect the arms from friction, that the sores may not be irritated and the scabs torn off. Occasionally, a poultice is necessary if inflammation or suppuration is excessive; or the application of finely powdered starch or corn-meal.

The resident surgeon of a hospital states that in the course of his large experience he found that, when small pox attacked persons who had not been vaccinated, it killed 36 per cent. of them—that is, *one in every three died*; but that when vaccination had been performed, the death-rate of those attacked by the disease fell to *one in fifteen*. He also found that the protective power of

vaccination was in proportion to the way in which it had been done; thus, *one* permanent *cicatrix*, or *scar*, after the operation, gives a mortality from the disease of nearly eight in the hundred; *two* scars, of rather more than four per cent.; *three* scars, less than two per cent.; and if *four* scars, not one in a hundred dies when attacked by the disease. This is a most important practical point to remember; if only one indifferent *cicatrix* remains after the operation, such persons, taking small pox in after life, die at the rate of twelve in the one hundred; but if four or more *cicatrices* remain, only one in two hundred will die of small pox.

Re-vaccination should take place at the age of puberty; the great systematic changes which occur at this time of life rendering it generally necessary. Persons at this period, especially if they are about to change their place of abode, should be examined, and if they have only one scar, or if that is imperfect, or if there is no scar at all, they should be re-vaccinated. For “we have re-vaccinated all the nurses and servants who had not had small pox, on their coming to live at the hospital, and not one of them has contracted small pox during their stay here.”

WATER-BRASH (Pyrosis).

Symptoms—Eructations of an acid or tasteless, watery fluid, sometimes in considerable quantities. It seems to arise from closure of the œsophagus by muscular

spasm, so that the trickling saliva is prevented from passing into the stomach, and ascends into the mouth without any effort. It is often accompanied with pain, and is sometimes a symptom of organic disease of the stomach or liver, but is commonly due to chronic gastric catarrh.

When arising from indigestion it is generally due to the too exclusive use of a vegetable diet, or to other indigestible food; it is of common occurrence amongst the poorly fed.

In obstinate cases of this disease the most brilliant results often follow Krukenburg's prescription, namely, "When the patient is hungry, let him eat buttermilk; and when he is thirsty, let him drink buttermilk." Fresh milk is not so well borne, as it curdles in the stomach.

Remedies—1. Common table-salt is a valuable remedy in this difficulty. Less than one-half a teaspoonful should be dissolved in water, and the dose repeated twice a day.

2. Ten drops of the water of ammonia will quiet the distress and check the discharge.

3. For the purpose of breaking up the discharge, give one grain of sub-nitrate of bismuth, one hour before each meal, and on retiring at night.

When water-brash is caused by indigestible food, add five drops of the tincture of nux vomica to a tumblerful of water. Mix well. Dose, two teaspoonfuls three times a day, on an empty stomach.

Accessory Treatment—The diet should consist of easily digested, nutritious food—soups, broths, lean meat, potatoes and Graham-bread—if it agrees with the patient. Pork, or any fat meat, should not be used.

WARTS.

Remedies—1. Dissolve as much common washing-soda as the water will take up; wash the warts with this for a minute or two, and let them dry without wiping. Keep the water in a bottle, and repeat the washing often. It will remove the largest warts.

2. Caustic is an effectual though troublesome application. The juice of the common annual spurge-plant is as efficacious a remedy; as is the bark of the willow tree, burnt to ashes, mixed with vinegar and applied to the warts. The juice of the marigold is another remedy.

3. Steep in vinegar the inner rind of a lemon for twenty-four hours, and apply it to the wart. The lemon must not remain on more than three hours, and should be applied fresh every day. To apply acetic acid with a camel's hair brush is still better. Either is regarded as a certain cure for warts.

WORMS (Entozoa).

The three most common varieties of worms are, the thread-worm (pin-worm or maw-worm), the round-worm and the tape-worm. The first two are more common, the tape-worm being very rare in children under three years of age.

Thread-worms are from half to three-quarters of an inch in length, white and thread-like, moving rapidly. They inhabit the rectum chiefly, and cause great irritation.

The term "maw-worm" is sometimes applied to them, from the irritation caused in the stomach by a reflex action. They do not exist in infants fed at the breast, unless other food, especially starch-food, is also given, but are often met with in older children, and occasionally in adults. The *symptoms* to which this variety gives rise are, itching or irritation about the anus, especially troublesome in the evening, depraved or irregular appetite, offensive breath, picking of the nose, straining at stool, disturbed sleep and more or less general restlessness. The local irritation excited may be very considerable, extend to contiguous parts and occasion a mucous or bloody discharge from the vagina, and even operate as a cause of masturbation. The same result may occur from direct migration of the worms from the anal to the vaginal or urethral orifice. The frequent but ineffectual desire to go to stool may occasion straining and falling of the bowel; effects which may continue after the expulsion of the worms. When the presence of thread-worms is suspected, they may often be found on examination of the stools, or crawling about the radiating folds of the anus after the patient gets warm in bed.

The round-worm is very similar to the common earth-worm, but of a paler color, sometimes almost white. It is of variable length, from six to fifteen inches, inhabits chiefly the small intestines, where it feeds on the chyle, but not infrequently passes into the stomach and is vomited, or downwards into the great bowel and is ejected with the evacuations. It has been seen in the gall-bladder duct; has visited the wind-pipe; and has been found in the air-passages, causing death by strangulation. When existing in large numbers, the worms cause much irritation, and are occasionally passed in bunches or balls rolled together. It seldom exists alone, and is said to be most

common in ill-fed children between the ages of three and ten years. The chief symptoms are, pains and swelling of the abdomen, depraved appetite, fetid breath, slimy stools, straining, itching of the anus, and sometimes chronic diarrhea, most troublesome at night, with offensive, scanty, thin stools, much straining, and often falling out of the bowel. Nervous symptoms are also common; pallid countenance, dilated pupils, dizziness, disturbed sleep with grinding of the teeth, convulsions, faintness, etc. These symptoms may, however, be due, in part at least, to the general functional derangement which favors the production of the worm and not alone to direct irritation.

The tape-worm is white, jointed, flattened, varies in length from a few feet to many yards, has its abiding-place in the small intestines, and usually exists alone. It has been said that if a joint of it be left in the bowel, it will become a perfect worm. The symptoms produced by the tape-worm are not often well marked, and it is usually unsuspected till joints are passed in the evacuations; frequently, however, there are sensations of weight or gnawing in the abdomen, often with enlargement about the navel. The appetite is usually excessive, but at the same time the nutritive functions are so imperfect that there is considerable and progressive wasting. There are often itching of the nose and anus, lassitude, and sometimes cramps in the extremities.

General Symptoms—The existence of worms is usually preceded and accompanied by an unhealthy condition of the mucous lining of the intestines, in which a large quantity of tenacious, slimy mucus is secreted, which interferes with the various processes concerned in digestion, and at the same time forms a suitable nest for intestinal worms, in which they develop rapidly in proportion to the quantity of mucus secreted. Intestinal worms require

thick mucus both for their bed and nourishment. The clear recognition of this fact is of great importance; for when the alimentary canal is brought into a healthy condition there is no home for worms, and they soon cease to infest the patient.

This condition of the bowels is associated with a coated tongue, varying in degree according to the extent of the mucus secreted, with remarkable distinctness of the pimples at the sides of the tongue. These pimples are seen as large, round or more commonly oval spots, seldom elevated, and varying in color from pale-red to deep crimson; the depth of color being in proportion to the degree of irritability of the digestive organs. If vomiting and diarrhea supervene, their color becomes bright-red, and they then project slightly above the surface, peering through the thick coating of yellow fur with which the tongue, in such cases, is usually covered. Although the appearance of the tongue thus described is not diagnostic of worms, yet it indicates a condition of the digestive organs in which worms are very likely to be found, and when it is noticed, worms should always be inquired for. When the tongue is seen to have a slightly slimy look, especially about the center, to be covered with a thin coating of greyish, transparent fur, and to have the pimples at the sides large, oval, not elevated, but pinkish-red and usually distinct, worms are seldom absent.

As a result of this condition of the intestines, the function of nutrition becomes impaired and the patient loses flesh, while the abdomen becomes hard and swollen. The face is puffy and pale, the skin greyish, with a lead-colored semicircle under the eyelids; the pupils are dilated; there are itching of the nose and anus and occasional straining; the bowels may be confined, with constant, ineffectual efforts, or there may be attacks of diarrhea, with great

straining, the motions being dark, slimy and offensive; the breath is disagreeable, especially in the morning, and there is sometimes dribbling of saliva during sleep. The appetite is varied, often ravenous, and sometimes the child refuses food altogether. Discharges of mucus are not infrequent from the rectum, and also in girls from the vagina. Sometimes the urine is passed with difficulty or pain, it being usually whitish or milky.

Other disordered conditions of a nervous character are restlessness, starting during sleep, grinding of the teeth, a dry, short, irritative or spasmodic cough, sighing, hic-cough, and in children of a refined, nervous temperament, convulsions.

The only certain proof of the presence of worms is the detection of the creatures themselves, or their eggs, in the stools or matters vomited. Even when thus known to exist, the symptoms for which advice is sought may not be due to the worms. In such a case an injection or purgative will expel them, but the symptoms will still persist.

Causes—Our knowledge of the means by which these worms get access to the intestinal canal is as yet imperfect. The thread-worm effects an entrance into the human body, with vegetable food or water, whilst in an immature condition. Unfiltered, impure water is no doubt the medium by which the round-worm is introduced. The revelations of the microscope prove that water often contains animalcules or their eggs which, though extremely minute, may give rise in the human intestine to a thing of life. They may also come from eating imperfectly washed vegetables, raw or under-cooked meat, etc. Flesh infested with the *cysticercus* or the *trichina*, is the ordinary source from which the tape-worm is derived. Pigs are very liable to be so infested, and in rabbits it is ex-

ceedingly common, very few of these animals being found altogether free from this parasite.

The theory of the *spontaneous generation* of intestinal worms is opposed to the investigations of the most scientific naturalists of the present day. Food in a semi-assimilated condition, with the presence of mucus in the intestines, forms a nest favorable to the development of these parasites; but there has been no evidence of a single example of spontaneous development even of the simplest form of living beings, except through the instrumentality of a previously existing principle. The microscope shows that these parasites have male and female organs, and produce fertile eggs in abundance. The eggs of course require for their development certain favorable conditions, but these conditions are not the cause of their production.

The unhealthy condition of the lining of the digestive tube that prevails in this disease is highly favorable to the development of worms.

Worms Infectious—Thread-worms often migrate from the rectum into the vagina of little girls, preferring the night for this purpose; they may even migrate from the child affected to others sleeping in the same bed. The female worm is the greater traveller, and one pregnant worm, escaping from its place of development into another intestinal canal, is capable of infecting it. In this manner worms are infectious, and an entire family, where parents and children occupy the same bed, as they too often do among the poorer classes, become infested with thread-worms.

Injections—These are useful as means for expelling thread-worms, as they inhabit the rectum and lower bowel; half a pint of water, in which a teaspoonful of common salt has been dissolved, once or twice repeated,

will generally suffice. The injection should be copious, administered in the evening at bed-time, and when the bowel is empty, so that the salt-water may find ready access to the various ramifications of the bowel where the parasites hide. Afterwards, a simple cold or tepid injection should be used regularly two or three times a week for one or two months, to wash away the slime and mucus in which the eggs exist. But the medicinal and general treatment can only be relied upon for improving the health and preventing their re-formation. Garlic-injections have been found very efficacious. Sweet oil is a less disagreeable injection, and often rids the patient of the worms in about ten days.

The Long, Round Worm—1. Almost any child can be cured of worms without taking any medicine whatever, by the mouth, by the use of linseed-oil, employed as an injection. Use a teaspoonful in a little warm water, and repeat once in two days. Ten days are sufficient to rid the child of the worms.

2. Take, of

Spearmint..... $\frac{1}{2}$ ounce.

Hot water..... 1 pint.

Infuse fifteen minutes and strain. This tea is said to be one of the most powerful vermifuges in the vegetable kingdom.

Dose, for an adult, two tablespoonfuls; for a child one year old, one teaspoonful, three times a day.

3. Among the various other remedies employed for expelling worms, the following are the best:

Give a child four to ten drops, according to age, of the oil of worm-seed (*Jerusalem Oak*), in syrup or on sugar, twice a day, for three or four days, followed by a brisk purgative. If the seeds of the herb are used,

pulverize them. Mix with honey or syrup, equal parts, and give a teaspoonful as before.

4. Many people employ the “pink and senna”—the old remedy—the recollection of which is associated with their childhood-days. Take of pink-root, one ounce; senna and manna, of each, half an ounce. Steep in a quart of boiling water. Dose, from a teaspoonful to two tablespoonfuls, according to age, once a day; and, if the case seems to be urgent, twice a day. Dose, of the powdered root of the pink, for an adult, one to two teaspoonfuls; for children, five to twenty grains, according to age. See “Table of Doses for Children.”

5. The santonine (the active principle of the worm-seed) is now regarded as a specific, and may be relied on for the expulsion of worms. Dose, one-half grain, for three nights in succession, followed, on the fourth morning, with a teaspoonful of castor-oil for a child, and a tablespoonful for an adult. This preparation can be procured at all drug-stores.

6. Giving, twice a day, injections of a decoction of cabbage-leaves, has recently been recommended as efficacious in both the round and tape-worm.

Tape-Worm—1. The pomegranate has proven a certain and reliable remedy for the expulsion of this kind of worm. Take, of the bark of the root, two ounces; water, two pints; boil to one and a half pints. Dose, half a gill, every hour. Four or five doses are generally sufficient to expel the worm.

2. Pumpkin-Seed Remedy—Take half a pint of the seeds to a pint and a half of water; steep to a pint. Drink during the day, and repeat two or three days in succession, if need be, and then follow with a cathartic.

Some practitioners regard this as the most successful remedy yet employed for expelling the tape-worm. It

should be remembered that *all remedies* for this species of worm should be taken in the *morning*, and on an *empty* stomach, and that but little food should be taken until the medicine operates on the bowels.

3. Male-Fern Remedy—This is a very potent remedy for the treatment of tape-worm, and it is said that it can *always* be relied on. Give fifteen or twenty drops of the oil at night, and the same in the morning. Two or three hours after the second dose, give an active cathartic. Castor-oil and turpentine will answer; two tablespoonfuls of the former and one teaspoonful of the latter. If the worm is dead, it will pass away without any unpleasant symptoms. Should the medicine fail in expelling the worm, the doses, somewhat increased, are to be repeated.

If the powdered root is given, the dose is two teaspoonfuls, in the same way as the oil.

4. The sweet fern is said to be *equally* as effective in expelling these worms as the male fern. Drink a pint of the decoction each day, or take one or two tablespoonfuls of the powder, to be followed on the fifth day with a purge.

Accessory Treatment—The propagation of the most common varieties of worms—the round and thread-worm—may be prevented by the simple application of lard or oil around the anus of the patient. It has been observed that light and air are necessary to the propagation of some varieties of intestinal worms in horses and other animals, and Mr. Haserick states that the female holds on or grasps the mucous membrane within the *sphincter ani*, and then discharges its eggs around the anus; in a few hours these are hatched and make their way into the rectum. He has found the application of lard around the anus destroys the eggs, and that by re-

newing the application two or three times a day for a week, the surface is completely protected, and the egg has no nest for development; consequently, as the worm is short-lived, in the space of eight days the animal is free from these parasites. Encouraged by his success with animals, this gentleman recommends similar measures in the case of children, and with the prospect of equal success. Dr. Woodvine, of Boston, confirms Mr. Haserick's theory. "After many attempts," he states, "I succeeded, on the 15th, 16th and 17th of January, 1869, in satisfying myself that the method by which the thread-worm propagates its species is by depositing the egg outside the sphincter ani and around the edge of the anus, where, in the space of a few hours, the worms are hatched, and make their way into the rectum. In order to ascertain if the eggs are thus deposited, I directed the parents of the child afflicted with the worms, a few minutes after a paroxysm of itching and pricking pain in the rectum had subsided, to take a piece of damp, black silk, and, wiping the anus of the child with it, fold it, and send it to me. To the naked eye nothing appeared on the silk more than a little mucus. This I placed in a microscopic cell, and under a one-fifth objective found that, on several occasions, I had succeeded in obtaining large numbers of the eggs, thus confirming the observation of Mr. Haserick."

Dr. Hills and Dr. Grosvenor have advised this treatment in many cases, with the best result in every instance.

Diet, etc.—To correct the excessive and morbid intestinal secretion, considerable changes of diet are generally necessary. The food should be taken only at regular hours, and be selected with special reference to its digestibility; it may include properly cooked animal food—

mutton, beef, fowl—also white fish. Cakes, pastry, sweet-meats, sweet-made dishes, potatoes, butter, veal and pork in any form, must be forbidden. Salt, as a condiment, may be taken with the food

The following scale of diet is recommended by Dr. Eustace Smith for a child over two years of age, to be given in four separate meals in the course of the day :

First Meal—Fresh milk diluted with a third part of lime-water; a small slice of toast, or of dry, stale bread.

Second Meal—A small mutton-chop, or a slice of roast-beef or mutton, without fat; dry toast or stale bread.

Third Meal—A cup of beef-tea or mutton-broth, free from grease; the yolk of a lightly boiled egg; dry toast.

Fourth Meal (if necessary)—The same as the first. It is not always easy to persuade children to submit readily to the deprivation of starchy food, for which, and especially for potatoes, there is often in these cases a great craving. So long, however, as the slimy appearance of the tongue, before described, continues to be observed, the above diet should, if possible, be adhered to. When potatoes are once more allowed, they must be well boiled, and should be afterwards carefully mashed with a spoon. *Steaming* is generally the best method of cooking potatoes. Gravy may be poured over them before they are eaten. In cases where the appetite is lost, and there is disgust for food, children often show an especial reluctance to take meat, which it is very difficult to overcome. A small bird, as a lark or a snipe, will, however, often tempt them, for their fancy is pleased by the idea of eating a whole bird, and this means frequently succeeds when all others fail.

The above scale of diet need not be literally followed in the case of all children troubled with worms, but may be varied according to circumstances. In general, three meals are better than four; but whichever arrangement is adopted, no food should be allowed between the meals.

General Measures—The general hygienic management of children should be conformed to the best principles: children should be quickly bathed in the morning, and afterwards rubbed with a large towel or a sheet till the whole skin is in a glow. An occasional warm bath at night is advantageous by aiding the healthy ac-

tion of the skin. Open-air exercise should be taken daily, and when improvement has taken place, change of air to the coast or to a bracing country is desirable, if only for a short time. Change of air tends to perfect and render permanent the treatment recommended.

Prevention of Worms—1. Open waters should be avoided, either for drink or for use in the preparation of food, into which the carcasses of dogs are sometimes thrown, or into which worm-eggs may be washed by rain or other agencies, or to which even dogs or other animals have access. All suspected water should be previously boiled, distilled or *well filtered*. 2. Decomposing pieces of meat should be destroyed by *fire*; if thrown to dogs or allowed to accumulate on the ground, or even buried, worms are propagated and human health and life endangered. 3. Raw or underdone meat, especially ham, bacon, sausages, etc., should be carefully avoided.

Constipation must not exist. With it, a cure of worms will in many instances be impossible.

When a child is troubled with worms, the food may contain an *extra quantity* of salt, but this excess is to be discontinued when it is rid of the worms.

Worm-troubles are not so common as generally supposed. Almost every irritation or abnormal condition of a child is attributed by the parents and others to the presence of worms, and the little sufferer is often made worse by the use of medicines.

In no case, however, ought the child to be purged and medicated for worms unless it is quite positive that such are present. Rarely do they exist without some evidence being shown in the discharges; hence these should be carefully examined.

Large sums of money are annually spent, in the way

of doctors' bills and for patent worm-medicines, which are usually worse than thrown away.

Worms, in young children, are frequently owing to the general deficiency of *salt* in their food. Abundance of vinegar will always be found there, but frequently no salt or a mere trifle. Experience has fully demonstrated that, when the food is "*sweetened*" with salt, and only a little sugar is added, to give it taste, the best of results are effected, preventing worms as well as many other disorders of children.

WEN, OR SEBACEOUS TUMOR.

This is a tumor composed of suety or fatty matter, and enclosed in a sac beneath the skin, occurring from obstruction of the secretory ducts.

These tumors occur on various parts of the surface of the body, are smooth, non-elastic, pendulous and movable: they slowly increase without pain, often to a very great size; attain their greatest development in warm climates.

Remedies—1. Take the yolks of eggs; beat up, and add as much fine salt as the number you have will dissolve, and apply it, as a plaster, to the wen, every twelve hours. It cures, it is said, without pain or any other inconvenience.

2. "Dissolve copperas in water to make it strong; now take a pin, needle or sharp knife, and prick or cut the wen in about a dozen places, just sufficient to cause

it to bleed; then wet it thoroughly with the copperas-water, once daily.

“This, followed for four weeks, cured a man residing within four miles of this city, who had six or eight of them, some of them on the head as large as a hen’s egg.”—[*Dr. Chase.*]

The usual method, however, of disposing of wens, is to have them cut out by a surgeon.

Kernels, or Small Glandular Swellings—Mix a little turpentine with Cayenne, and place it upon any hard tumor or kernel. This will “scatter,” or disperse it. Tincture of camphor will also effect the same purpose. A cloth is to be applied and kept saturated with it.

WHITE SWELLING—HIP-DISEASE.

This is a very inveterate and painful disease, and is usually seated on some of the joints of the body; principally the hip, knee, ankle and elbow. As the name implies, the skin remains white, even in great inflammation. Sometimes it is rather mild in its character, at other times exceedingly painful; and the seat of the pain is in the periosteum or covering of the bone, which in most cases becomes diseased and scales off. It is peculiar to children and those of scrofulous habits.

Causes—A taint of the blood, cold, injuries, etc.

Symptoms—In the commencement, there is a very severe pain felt deep in the joint, and, when the child or person moves, the pain becomes intolerable. As it pro-

gresses there is swelling, but no redness; a shining whiteness, with hardness or callus. It slowly increases till the swelling is very considerable and the distress great, and suppuration ensues. There is a discharge of matter from a number of openings. The limb wastes, becomes bent, and when in the hip, osseous matter fills up the joint and slowly dislocates the head of the bone, either causing permanent dislocation or stiffness; fleshy excrescences shoot out from the ulcers, showing that the bone is affected, and in the process of time there are generally small pieces of bone detached. The patient is very thin and pale, with much constitutional disturbance, hectic fever, etc.

Remedies—The bear's foot is regarded as a *sure* remedy for the cure of white swelling.

“The root is boiled in any kind of oil or soft grease and made into an ointment, with which the swelled parts are to be bathed two or three times a day, and after each bathing place a flannel cloth over the swelling, when, having a flat-iron heated to a suitable temperature, it should be *ironed* by passing the iron quickly over the flannel for a short time. The ironing not only facilitates the absorption of the ointment, but also relaxes the parts and stimulates the languid vessels to more vigorous action, thus assisting in the removal of the disease.

“This method of removing white swelling was kept a secret and employed with uniform success by a woman for several years. It has effected cures in many instances, after all other means had been tried in vain. One case is related, of a very severe character, in which the swelling had extended from the hip to the ankle, that was cured with this remedy in one month.”—[*Dr. Howard*.

For a description of this plant, see “Bear's Foot,” under “Medical Plants.”

A valuable internal remedy for this disease is the

compound syrup of stillingia (which can be had at all drug-stores), to which should be added ten grains of iodide of potash to the pint; after which give one tablespoonful three times a day.

If the disease progresses, gathers and breaks, poultices of elm-bark and others of an emollient nature are to be used. It may be dressed as others ulcers. See "Ulcers," treated on another page.

The pain arising from this disease may be instantly eased thus: Take the white of an egg and beat it up with two tablespoonfuls of water; rub the part affected frequently, but gently, with the finger.

For stiff joints and contracted sinews, put a handful of chamomile-flowers in a bottle, add sufficient sweet oil to cover them, and place in the sun three or four days. Apply this to the affected part three or four times a day, and dry it in by means of a hot iron.

YAWS (Framboesia).

Yaws is a disease peculiar to the negroes, and is said to be imported from Africa. It is propagated by contagion. It occasionally attacks white people, but they are not so liable to it as the blacks. Like the small pox, it only affects the person once during life.

This disease appears first in the form of small pimples on different parts of the body, generally on the face, neck and arms. These pustules gradually enlarge, and

terminate in small blisters, sometimes half an inch in diameter, and discharge a thin, whitish fluid, which gradually forms into a scab.

Accompanying the appearance of the eruption, there are always more or less headache, pains in the limbs, general debility, loss of appetite, and sometimes chills alternating with fever. The period during which the eruption lasts may vary from a few weeks to several months, new crops of pustules appearing often as fast as the previous ones have disappeared. Sometimes, from some of the larger pustules, red fungous excrescences will appear, resembling red raspberries.

Remedies—During the first, or the eruptive stage of this disease, bathe the surface of the body with warm saleratus or lye-water, once a day, and give freely of catnip, sage or pennyroyal-tea. If the patient is costive, give injections of warm water. It will also be well to put the patient in a warm bath about every other day, for half an hour at a time. He should also take exercise every day, but avoid exposure to cold. The diet should be light and purely vegetable.

When the scabs begin to form, give a half-teacupful of strong tea, made of equal parts of burdock-root and sassafras, three times a day; or, if these cannot be had, give a tea of yellow parilla and yaw (*Stillingia*), or any two of them. The dandelion-root makes a good tea for this purpose.

If ulcers remain, wash them, once or twice a day, and dress with some good healing salve. (See "Salves," under the head of "Recipes.")

If there are much inflammation and soreness apply, at night, an elm-bark poultice. If ulcers form on the bottoms of the feet, bathe them often in warm water, and treat them as common ulcers, which see.

This treatment will usually be sufficient to cure any disease of this character. Prof. King gives the following course of treatment:

“In the second stage, when the eruptions begin to dry off, give the compound syrup of sarsaparilla or the compound syrup of stillingia, in doses of two teaspoonfuls three times a day; and this should be continued until all the scabs fall off. Should a foul ulcer remain, it may frequently be washed with the tincture of muriate of iron. The soles of the feet are apt to confine the discharge, when the yaws attack this part, thereby producing extensive ulceration of the feet. The best application in such cases is, a dressing of the red-oxide-of-lead plaster, with a poultice of elm and poppy-leaves. Any hard swellings which remain on the feet may be removed by bathing the feet in warm water until the swellings become soft, and then touching them with caustic potash, to produce a sore, and then dressing it with an elm-poultice, to which yeast may be added.”

DIVISION SIXTH.

DISEASES OF WOMEN.

MENSTRUATION.

Puberty is the period in which the general development and growth of the female have so far advanced as to render her capable of bearing children.

External Signs of Puberty—At the approach of puberty a striking change is effected in the general system. The pelvis, although far from being yet mature, enlarges and takes on its distinctive sexual character; the breasts become rounded and full, and establish their connection and sympathy with the womb; the chest, throat, arms, and indeed the whole body, acquire the form of a more mature development; the hair grows more luxuriantly; the skin becomes fresh and blooming, the voice full and mellow; and the whole figure acquires that elegance of symmetry, the complexion that bloom of health and beauty, and each feature and action that play of intellect and emotion, and that indescribable gracefulness of action, which are to be found in woman alone.

This combination of attractions which marks the epoch of puberty is no doubt designed to subserve the

purpose of alluring the opposite sex, and so securing the great object for which the female was created—the reproduction of the species.

Corresponding with the external changes coincident with puberty are internal ones, occurring especially in the ovaries and womb, which now become fully developed, both as to size and activity. In short, the woman has now, as a rule, acquired the power to conceive.

The mind, too, at this period grows rapidly; the mental capacity enlarges, the imagination becomes more vivid, and the nervous system exhibits a heightened sensibility.

Maternal Instruction—As puberty advances, no mother should neglect to teach her daughter to expect the change which is about to take place, so that the first appearance of the menstrual flow may neither be arrested by the alarm naturally felt at something hitherto inexperienced or unknown, nor by the dangerous applications to which in her ignorance she may otherwise secretly resort. Some young women view the development of this function with such disgust that they expose themselves carelessly or purposely during the period to cold and wet, or use cold baths or other means of suppression, and thus finally bring on disordered menstruation and permanent ill health. Many such cases have occurred within our own experience.

THE FUNCTION OF MENSTRUATION.

The menstrual function, which is variously termed menses, periods, catamenia or courses, is one of the most important functions of the female organization, and constitutes a real monthly crisis. It consists of an exudation of sanguineous fluid, chiefly from the body of the womb, the average quantity being from four to six ounces at each period, and is attended by a congested state of the womb, ovaries and contiguous organs. The course of the menses recurs, in the majority of instances, every twenty-eighth day, the very day on which it had appeared four weeks previously. The duration of a menstrual period varies in different persons, the most common and normal being about four days

The menstrual fluid is eliminated from the uterine vessels, and is considered by some as a true secretion, and by others as a discharge of pure blood. The latter opinion is the correct one, for it is blood, and not a mere secretion, although prevented from coagulating by being blended with the acid secretion of the womb and vagina.

Purposes of Menstruation—Two ends seem to be especially secured by this function: 1st, the relief of the general system, by the discharge of the superabundant blood which, during pregnancy, is appropriated to the formation and growth of the fœtus. 2nd, a vicarious satisfaction of the sexual instinct, thus shielding female chastity. The modern doctrine, however, is that menstruation takes place when the ovum, not having been impregnated, undergoes degeneration, and is cast off with an escape of blood from the congested womb in sufficient quantity to relieve the congestion.

First Menstruation—In this country the most common time for the occurrence of the first menstruation is

from the fourteenth to the sixteenth year, although the age is liable to considerable variations. In hot climates it commences at an earlier, and in cold climates at a more advanced age. The occurrence of menstruation in this country one or two, or even three years earlier than the fourteenth year, or as much later than the sixteenth, is not sufficiently uncommon to justify any medical interference when the health is otherwise good. Menstruation commences earlier in cities and large towns than in the country. It also occurs in the daughters of the rich—who have every comfort and luxury, everything which enervates and relaxes, or excites—at least nine months before it does in those of the industrious classes of the community in the most comfortable circumstances, and full fourteenth months, on the average, before it appears in the poorest classes.

It is satisfactorily established that in every country and climate the period of the first menstruation may be retarded, in very many cases, much beyond the average age, often without producing ill-health or other inconvenience. Probably the most successful mode of managing young ladies is to bring them as far toward the perfection of womanhood as possible before the appearance of the menses, at least until the fourteenth or fifteenth year. With this object in view, the following suggestions are offered:

Hints for Preventing too early Menstruation—

The use of hot baths, especially with the addition of mustard, should be avoided; also indulgence in the use of hot, spiced and stimulating food and drinks; living in overheated or badly ventilated rooms; excessive dancing, novel-reading, too much sitting and late hours; such habits and indulgences tend to occasion precocious, frequent, copious or irregular menstruation.

The education, including the general habits of our present social condition, too frequently gives such a pressure of training, that the successive stages of life are hurried through, and the tastes and peculiarities of one period are anticipated in that which should precede it. Thus, mere boys in age and physical development become young men, and girls young ladies before they leave school. Such is the precociousness which the habits and fashions of the present generation engender.

On the other hand, regular, healthy occupation of both the body and the mind; the daily use of baths, or sponging over the entire surface of the body; free exercise in the open air; cool, well ventilated rooms; plain, digestible diet, and abstinence from hot tea, coffee and alcoholic stimulants, tend to the healthy and highest development of the female form and constitution.

Sudden Menstruation—It is not always, however, that this function advances gradually and in harmony with the changes described. Menstruation may occur for the first time prematurely, and be caused by a severe fall, violent jumping, great mental emotion, etc. In such cases there may be a considerable flow, amounting in some instances to absolute flooding, and lasting for several days. It is important that these facts should be known by mothers, so that in sudden and extreme instances they may maintain their own composure and inspire it in others.

Remedies—If it results from mental emotions, add three drops of the tincture of aconite-root to half a tumblerful of water, and give a teaspoonful every two hours. If occasioned by injury or severe physical exertion, arnica in the same quantity, and in the same doses, together with rest in the lying posture, light covering, a cool and well ventilated apartment, and cool drinks, will often be sufficient to modify the discharge; but if

they do not, they will at least suitably precede the application of the more detailed treatment suggested under "**Excessive Menstruation.**"

In other cases, the occurrence of the menses may be long delayed, and the delay attended with excessive languor, drowsiness, periodic sickness, fretfulness, irritability or frequent change of temper, violent pain in the head or along the spine and in the region of the bowels, a feeling of weight or fullness in the pelvic region, with bearing-down or dragging sensation, tenderness or heat; these may alternate with feverish reaction, with nervous symptoms, or even with spasms. The local symptoms and their periodicity are the most characteristic.

In some females, the establishment of menstruation may be accompanied by derangements of the venous, digestive or lymphatic systems; and unless successfully treated at this period, these disturbances may be present, in a greater or less degree, during every subsequent recurrence of the menstrual discharge.

If the menstrual function, as it is also termed, be well and healthily established, new impulses will be given to every nerve and organ, and the system acquire superior forces for resisting influences adverse to health. But carelessness or constitutional delicacy may render this period extremely dangerous in the propagation of new forms of disease, or in the development of any latent germs of disorder which have existed from birth. Hence, the first appearance of the menses should be looked for with some care and anxiety on the part of the mother or guardian, and when it is long retarded, the general health disturbed, and the remedies suggested in this work appear inoperative in aiding the desired change, professional advice should be sought without delay. False delicacy and improper treatment have needlessly undermined the health of thousands.

DELAY OF THE FIRST MENSTRUATION (Amenorrhea).

The term *Amenorrhea* is used to describe absence of the menstrual discharge, and is usually considered under three divisions, namely, 1, *Emansio mensium*, a delay of the menses, although the person has attained the proper age; 2, *Suppressio mensium*, in which they have appeared, but as the consequence of cold or some other cause are arrested; and, 3, *Retentio mensium*, in which they accumulate in the uterus and vagina, from what is technically termed *imperforate hymen*; or more frequently, from occlusion of the vagina by the healing of ulcers, the consequence of sloughing after difficult labors. This condition usually requires surgical measures for its relief.

This section is devoted to the first form, or *Delayed menstruation*. As before stated, the period at which the "change" first takes place varies in different constitutions, climates, and under different circumstances, and no active medicinal means should be used so long as the health continues good. *Emmenagogues*, or *forcing medicines*, and other expedients, must be entirely and imperatively avoided.

Symptoms—When all the external signs of womanhood have appeared and menstruation does not occur, but there are aching, fullness and heaviness of the head, bleeding from the nose, palpitation of the heart, shortness of breath on slight exertion, weariness of the limbs, pains in the small of the back, in the lower part of the bowels and down the inside of the thighs—these may be regarded as so many indications that nature is seeking to establish this important function, and justify the adminis-

tration of one or more of the following medicines according to the indications present.

Causes—It is important, first of all, that the cause should, if possible, be definitely ascertained. Delay of the menses, giving rise to the symptoms just noted, rarely occurs in healthy and vigorous persons, but usually follows as a consequence of original delicacy of constitution, or of some long-standing affection. The very common notion that a patient suffers because she does not menstruate is very fallacious; for, except in retention of the menses, the patient does not suffer from an accumulation; the delay is due to a defective condition of the general health. Hence the impropriety of giving forcing medicines, which is frequently done, often to the permanent injury of the as yet imperfectly developed organs. We have known instances of extreme periodic suffering, continued for many years, traceable to this cause. In many cases, too, it will be found that the disturbances supposed to be due to delayed menstruation really arise from the patient having taken too little, or innutritious food, or from her habits having been too sedentary or artificial, or from too little out-of-door air and exercise; or, in brief, from her being subjected to influences inimical to her general good-health, during a critical period of her physical development.

Tardy menstruation is especially significant in those girls who are predisposed to any form of consumption. In this class of persons it implies a depraved habit of body in which the menses may not appear at all, or in which a flow of blood is very apt to take place from one or another of the mucous surfaces, more especially from those which line the respiratory passages. If the young girl who has not menstruated, although she may be fourteen or fifteen years of age, has a cough or difficulty of

breathing, a sore throat, hoarseness or pain in her side, it should be taken as a symptom of ill health, and measures immediately instituted for its relief. The quaint old rule should, however, not be lost sight of: "She is not sick because she does not menstruate, but she does not menstruate because she is sick."

The mother should, for some months at least, keep an account of dates and other particulars, and prevent all unusual exposure for a few days before the expected flow, such as to night-air, damp linen, thin dresses, wet feet, balls and evening entertainments. When the function has once become healthily established, it is satisfactory to know that extreme precautions need no longer be observed.

Accessory Treatment—The feet should be kept warm and dry, and *comfort* rather than *fashion* should determine the entire clothing arrangements. Delayed menstruation is often the consequence of exposure to cold or defective circulation in the surface, which warm clothing would obviate. It is especially necessary that the abdomen be kept warm; the necessity for wearing *drawers* to protect it from cold, must therefore be obvious. Too studious and sedentary habits should be corrected; exercise taken out of doors, particularly in the morning, including walking, running and the games of skipping-rope, trundling the hoop, etc., as they are powerful auxiliaries in obtaining health of body and vigor of mind. These exercises are likely to be yet more efficacious if practised in the country, on a dry, sandy soil and in pure and bracing air. If pleasant company can be added to the charms afforded by diversity of scene, the advantages will be still greater. All these means should be aided by a carefully selected, nourishing diet, taken at regular hours, three times a day, consisting of easily digestible food, in due proportions, from the animal and vegetable kingdoms.

All made dishes, high seasoning, spices, etc., should be especially avoided; also, except in great moderation, the use of tea and coffee.

The Sitz-Bath—In delayed menstruation this is a powerful means of stimulating the menstrual function, but is not advisable when the patient is very feeble, or when there is reason to suspect constitutional disease as the cause of the dormant function.

The patient should sit in a hip-bath containing water sufficient to cover the hips, the legs and feet being not immersed, but kept warm by means of flannel wraps, or a hot foot-bottle or bath; the shoulders also being covered. The bath should be taken at bed-time, and last from five to fifteen minutes, gradually increasing the time as the patient can bear it. On leaving the bath, the patient should be well rubbed with a bath-sheet or large towel till warm, and instantly retire to bed. If chilly, a hot-water bottle may be applied to the feet. But should she remain uncomfortable, the bath should be discontinued or given for a very short period. In suitable cases it may be continued every night for a week or two.

Want of Menstruation and General Ill-Health

—It is most important, as may be inferred from preceding observations, to recognize the connection, as cause and effect, between general deranged health and the absence of menstruation. The function of menstruation, like the other functions of the body, is best performed when the system is in health. Now health is not promoted by redundancy or excessive action, any more than by debility or enfeebled action; consequently, the administration of stimulants will rarely hasten the menstrual function, even in cases of debility, unless attention be paid to the restoration of the general health of the patient.

Caution—Here let it be observed, once for all,

that the attempt to remedy *any* defect in menstruation by pills which are procured with such fatal facility at druggists' shops, or by any so-called emmenagogues, deserves the strongest reprehension. The practice is fraught with life-long danger to the system, and is therefore to be emphatically condemned. Unless it be abandoned, the patient must be prepared for an ultimate increase in the very sufferings from which she thus vainly seeks relief.

Marriage and Menstruation—A suggestion may here be offered concerning cases in which the menses have been delayed years beyond the usual period, and for which marriage has been recommended as a cure. Under certain conditions, this step is sometimes successful, such cases having occurred within the author's observation. But before such a course is adopted, a professional opinion, carefully formed, should be taken; for should the general health be at fault, as is often the case, or the sexual organs be imperfectly developed, disappointment will inevitably follow.

SUPPRESSION OF THE MENSES (Amenorrhea).

When the menstrual flow has fairly been established as part of the economy, it is yet liable to be suppressed. It is necessary to distinguish between *suppression* of the menses and *retention* of the menses. The former indicates that the arrest of the flow is because the fluid has not been formed in the cavity of the womb; the latter,

that, although it is formed, there is some obstruction to its escape.

Causes—Suppression may arise from a physiological cause, such as pregnancy; frequently, however, it is the consequence of weakness from sedentary, in-door occupations, combined with want of fresh air and sufficient rest; excessive loss of blood; chronic and acute diseases; sexual excesses and mechanical obstructions; or it may occur suddenly during the flow, from exposure to cold and damp, such as getting the feet wet, sitting on the ground, eating ices, violent emotions—anger, terror, fright, etc.—or from any other cause which abruptly shocks the system. Suppression, for two or three periods, without pregnancy, sometimes occurs after marriage, simply as the consequence of excessive excitement. Wearing *thin-soled shoes* is a fruitful source of the decay of female beauty and the decline of female health.

Another prolific cause of this difficulty, as well as many other diseases of females, is tight wearing-apparel, which is scarcely second, in its injurious effects, to that arch-enemy of health, intemperance. This is the one cause of the insignificantly small and compressed waists, which the perverted taste of this wicked and unregenerate age regards as the *beau ideal* of female beauty, the personification of grace and the perfection of feminine loveliness. What an exhibition of human folly and idiotic blindness! What a marvel of inconsistency and presumption, is the vain attempt of woman to render more beautiful and attractive, that “form divine,” the conception of which received its immaculate impress when the “morning stars sang together, and all the sons of God shouted for joy.”

Remedies—For this difficulty, there are three remedies, either of which is readily obtained, and will, usually, give prompt relief. They are the vervain-root, the garden-

beet and the black cohosh. The first, the vervain, is found growing plentifully almost everywhere, or may be procured at any drug-store. Half a teacupful of the decoction of it is to be drunk, three or four times a day. When the patient is subject to this difficulty, she should commence its use a few days before the time the menses are expected to return. When a decoction of the root of the cohosh is used, it is employed in like manner as to dose, etc., as the vervain. The tincture is given in doses of a teaspoonful, three times a day. The beet is used in tincture, the dose of which is a teaspoonful, three times a day. Either of the above remedies is efficacious, and patients can use the one which is the most convenient for them to obtain.

Almost every lady is familiar with the ordinary means employed in relieving suppression of the menses; namely, bathing the feet in hot water, and drinking freely of tea made of pennyroyal, tansy, etc.

Take, of

Grated horse-radish..... $\frac{1}{2}$ teacupful.

Good gin..... 1 pint.

Mix, and give for a dose, from one-half to a tablespoonful, twice a day, and this difficulty will very soon be relieved.

Borax is now used in the treatment of this complaint. It is a new remedy and a successful one. It also facilitates labor in child-birth. The dose is from one-fourth to half a teaspoonful, three times a day.

When this difficulty originates from cold, "there is nothing," says Dr. Bundy, "that I have ever used, that equals the hair-capped moss, known also as birds' wheat. A strong infusion of it is to be freely and frequently taken. In some cases the continuation of this and smartweed, in equal parts, answers a better purpose than if given alone. These infusions should be drunk as warm

as possible, and the feet placed in warm water for thirty minutes, at bed-time.”

Accessory Means—The cause of the suppression and the co-existing impairment of the general health, should be carefully inquired into, and, if possible, removed. All physical or mental depression, undue excitement, night-air, late hours, highly seasoned and stimulating food and drink, should be avoided. The meals should be taken with regularity, and under pleasant and cheerful influences, the stomach never overloaded, the food simple, nourishing, not too great a variety at one meal, and only such as has been uniformly found easy of digestion. The drink should be milk-and-water, cocoa, black tea in moderation and pure water. Green tea, coffee and other stimulating drinks should be omitted, unless prescribed by a competent authority. Out-of-door exercise, useful employment and agreeable company or books—in short, every means should be adopted that is calculated to give constitutional vigor. While hoping for a return of the menstrual discharge, the exercise of patience is sometimes necessary, as the general health is often greatly improved before this crowning evidence of cure is obtained. See page 458, vol. ii.

PAINFUL MENSTRUATION (Dysmenorrhea).

Causes—These are chiefly as follows: A congested condition of the secretory vessels of the uterus, disease of the ovaries, inveterate constipation, and a contracted canal of the neck of the womb. In obstinate constipa-

tion, the rectum may become so distended with impacted faecal matter, as by its pressure on the neck of the womb to render the escape of the menstrual fluid difficult and painful. Ovarian irritation, sometimes induced by self-abuse, is not an infrequent cause. Persons of a neuralgic, hysteric or rheumatic tendency, generally suffer much pain at the menstrual period.

Symptoms—Severe bearing-down pains in the uterine region, resembling the pains of labor, and occurring in paroxysms; aching in the small of the back, loins, pelvis, and sometimes extending to the limbs; headache, flushed cheeks, hurried breathing, palpitation; cutting and pressing pains in the abdomen. The pain sometimes precedes the flow several hours, or even days, and continues for a longer or shorter period, and may cease or continue when the discharge is established. At other times the pain continues till a *membranous* substance is expelled, when a healthy discharge may take place, or it may entirely cease. In some cases, the breasts, the counterparts of the female generative organs, become extremely sensitive and painful. Patients subject to this affection are generally troubled with confined bowels, frequent headaches, from congestion in the inter-monthly period, and are often sterile from abortion which occurs at the menstrual cycle.

Remedies—In many cases of this difficulty a spirit-vapor bath affords almost instant relief. Directions for preparing and using this bath will be found under the head of “Bathing.”

In mild cases, the warm hip-bath, as given in the *Accessory Measures*, in this article, will be found equally effective.

Another efficacious means is, when the menstrual pains are severe, or your body is more than usually weak, put

across the small of your back, over the kidneys and reaching to the loins, a girdle of flax-seed poultice, well sprinkled with pulverized camphor.

A new remedy, for this difficulty, is the high cranberry (*Viburnum Opulus*), which comes to us very highly recommended, and we apprehend that it will accomplish all that is claimed for it. A tincture of the bark is to be taken, in three or four-drop doses, twice a day, commencing a week previously to the expected period. When the pain sets in, give it every two hours. It is equally useful for the severe *false* pains which sometimes precede labor. It is of great value for after-pains, and a dose should be given after every pain.

For the method of preparing tinctures, see "Tinctures," on another page.

A tea, of the bark, may be as effective as the tincture, but it has not been so thoroughly tested.

Take, of

Grated horse-radish..... $\frac{1}{2}$ teacupful.

Good gin..... 1 pint.

Mix. Dose, from one-half to a tablespoonful, three times a day. Ladies who have used this remedy assert that they have never found anything equal to it.

This is equally valuable for suppressed menstruation.

Accessory Measures—Attention must be directed to those general rules for the recovery of health which are prominently dwelt upon in this book, and form the basis of the correct treatment of disease of every nature. Daily, active exercise in the open air; regular and early hours; plain, wholesome diet; abstinence from wine, coffee and green tea; and the avoidance of influences that disturb the mind and temper, are important accessories in the treatment.

During the intervals between menstruation, the cold

or warm bath should be used, the one the patient finds to be best adapted to her. During the periods, the bath should be tepid, and, in any case, vigorous friction should follow. All sexual intercourse must be avoided for two or three days, at least, preceding the appearance of each menstrual period, and every unnatural habit that may have been insidiously acquired must be utterly abandoned. As palliatives during the period, hot bottles, or flannels wrung out of hot water, and applied to the lower part of the abdomen, or *warm hip-baths*, in which the patient may remain for twenty or thirty minutes, or an enema of as hot water as the patient can comfortably bear, generally give effectual relief to the distressing aching and weariness that at times accompany the monthly function. *Rest*, both just before and during the period, is also an important addition to the successful treatment of this complaint. Attention must be given to the dress. No other cause is so powerful in the production of this difficulty, as the pressure of stays and skirt-strings and the dragging weight of the skirts on the abdomen. By these means, the womb is displaced and the spine is weakened. *Tight clothing is destroying the health, and carrying to a premature grave, thousands and tens of thousands, annually.*

The following directions, in this affection, are highly recommended by some medical authors :

For painful menstruation and low circulation, we prescribe magnetic manipulations. If you cannot avail yourself of this treatment, then, as a substitute, wear a *fur garment* below your waist, enveloping the entire abdomen and the hips, which should be put on and worn constantly about three days before the flow commences, and taken off two or three days subsequent to the cessation. If your feet and body are painfully cold, after retiring for the night, your best remedy is very long, fur

stockings, and mittens of the same, with neatly fitting wristlets. Wear these only at night. Fur soles within your shoes during the day, or moccasins. Lamb-skins, with wool next to your body, will answer in place of certain kinds of fur. The fur should always be worn with the flesh-side inward.

When the painful menstruation is caused by a wrong position of the womb, this must first be cured before it can be removed. When it is owing to a narrowing of the neck of the womb, this must be overcome by the careful employment of bougies. These can be procured at all drug-stores. Or, instead of bougies, tents of various sizes may be made, of twine, or silk-cord, etc., and, after dipping them in the following preparation, be introduced into the canal of the neck of the womb, and be retained there by plugging up the vagina with soft pieces of old muslin, etc.

1. Take of extract of belladonna ten grains, powdered borax forty grains, wax half an ounce; melt the wax, rub in the extract and borax, and when cool dip in the tent; when cold, but soft so as not to stick to the fingers, smooth it by passing the fingers over it.

In the introduction of these tents great care must be observed, and if they cause any unpleasant symptoms they must be removed, and not be introduced again until all such symptoms have passed away. An intelligent female is just as capable of introducing these tents as a physician, if she only will attempt it. They should vary in size from that of a knitting-needle to that of a goose-quill, and about an inch and a half in length, always beginning with the smallest first, and in every five or ten days increasing the size. A piece of soft wood may be whittled down to the size of the little finger, and a hole be made in one end in which to fit the tent. Pass one or two fingers of the left hand up to the mouth of the womb, and then, with the other hand, by means of the stick, and using the fingers of the left hand as a guide, carry the tent to the mouth of the womb, and slowly pass it in. A piece of thread may be previously fastened to the lower end of the tent, by which to remove it, when necessary, from the womb.—[*Prof. King.*]

EXCESSIVE, OR PROFUSE MENSTRUATION (Menorrhagia).

Causes—Whatever produces too great a determination of blood to the womb, may cause this disease; as too much exercise, strains, injuries, violent passions of the mind, check of perspiration, abortion, difficult or tedious labors, and debility arising from any cause, such as drinking freely of warm, enervating drinks, tea and coffee, want of exercise and too frequent sexual indulgence.

Symptoms—An immoderate flow of the menses is often preceded by headache, giddiness, shortness of breath, and is afterward attended with pains in the back and loins, some degree of thirst, universal heat, and a frequent, strong, hard pulse; other times paleness of visage, chilliness, unusual fatigue in exercise, a hurried respiration on the slightest effort, pains in the back on remaining any length of time in an erect posture, and coldness of the extremities, together with loss of appetite, indigestion, and a long train of nervous complaints.

It is difficult to determine, except approximately, the quantity of discharge that should occur at each monthly period; but it varies considerably according to constitution, temperament, habits and climate. Robust, plethoric females, who eat abundantly and drink wine, can bear a comparatively large discharge without inconvenience: whilst delicate patients, of relaxed constitution, would quickly suffer seriously from excessive discharges. The monthly loss, however, should never be such as to occasion debility and general ill-health. There is a deep-rooted and most dangerous notion current that, however great the discharge may be, if it occur regularly, it is in perfect accordance with the economy of nature. When a medical man directs a parent's attention to the debility

and ill-health following an habitually too copious flow, he frequently receives the answer, "She is always so." The fact of a girl *being always so* is the very reason for adopting such measures as may, if possible, prevent her *ever* being so.

Remedies—1. The prince's feather, or amaranth, cultivated in gardens for its beautiful red color, is a celebrated remedy for this difficulty, and has often cured when all others had failed. The leaves are made into a decoction and drunk freely.

2. Another good preparation, for this purpose, is to take equal parts of alum and nitre, say a teaspoonful of each, divided into six equal parts, and taken every two to four hours. A decoction of blackberry-root, is likewise good.

3. In very mild cases, the tincture of cinnamon, given in teaspoonful-doses every hour or two, in a wine-glass full of sweetened water, will give relief.

4. A strong infusion of sumach-berries, taken in doses of two or three tablespoonfuls, every three hours, is an effective remedy, and unsurpassed for this difficulty.

Accessory Treatment—The patient should spare herself, and maintain *the lying posture* a good deal for a few days before, and especially during the discharge; household duties, particularly lifting or reaching anything high, should be avoided; also warm beverages, even of black tea, and excessive eating and the use of stimulating food and beverages. Cold water is the most suitable drink; injections of cold, or even iced water up the bowel are useful, especially if the patient is costive or troubled with piles; cool vaginal injections, with a female syringe, or the application of hot-water spinal bags to the small of the back for half an hour at a time, tend to

relieve a congested state of the womb. In very severe cases, cold, wet cloths suddenly applied over the abdomen so as to produce a shock, light covering and the *horizontal posture*, are absolutely necessary; the hips should be as high or higher than the shoulders, so as to relieve the uterus of the column of blood, and the patient be kept cool, quiet and free from excitement. So long as the tendency to this disease continues, every kind of excitement should be restricted or avoided altogether.

Plugging the Vagina—Sometimes it may be necessary to plug the vagina. A sponge or handkerchief will do; but common cotton wadding, with the backing on it, makes the best plug. Whatever is used should be freely smeared with glycerine, and have attached to it a piece of tape or twine to facilitate removal. Care should be taken to fill up and distend the vagina with the plug, otherwise the object of using it will be defeated by the oozing out of the blood at the sides. The plug should not remain more than twenty-four hours; if necessary it may be replaced by another.

The following are new remedies, and are effectual: Take one part of charcoal, well powdered, and six parts of powdered white sugar; that is, in the proportion of one teaspoonful of charcoal to six of sugar, and rub them thoroughly together. In the absence of a druggist's mortar in which to prepare or rub them, spend twenty or thirty minutes in grinding and mixing them together, with a case knife, on a table or some smooth surface. Then, of this, divide one teaspoonful into four equal parts, and give one of these parts for a dose, and repeat every hour.

The other new remedy, is a powder called bebeerine,

which will have to be procured at the drug-stores. Dose, one-half a grain every three hours.

CESSATION OF THE MENSES—CHANGE OF LIFE—CRITICAL AGE.

The cessation of the menses commonly occurs in this country between the fortieth and fiftieth years, generally about the forty-fifth; but, like the first appearance, its termination varies in different women, and is in subordination to the temperament, constitution, climate and habits of the individual. There is usually some relation between the periods of the first and last menstruation, for the cessation occurs at a late period when the first appearance was wanting in precociousness.

Symptoms—Whilst the change is in progress, there is commonly more or less functional disturbance of the general health, the nervous system especially manifesting various changes, such as vertigo; syncope; headache; flushes of heat; urinary difficulties; pains in the back, extending down the thighs, with creeping sensations, heat in the lower part of the abdomen, occasional swelling of the extremities, itchings of the private parts, mental irritability, restlessness, culminating sometimes, especially in patients of a decidedly nervous temperament, in more profound nervous disorder.

Sometimes menstruation ceases abruptly. The monthly period may be arrested by cold, fright or some illness. Earlier in life the suppression would have been followed by a return of menstruation after the removal of the

cause ; but now nature adopts this opportunity to terminate the function.

Gradual termination is, however, the more frequent, and is attended with the least disturbance of health. In *gradual* extinction, one period is missed, and then there is a return ; a longer time elapses, and there is, perhaps, an excessive flow ; afterwards some months may pass away without any reappearance ; then there may be a scanty discharge, followed, perhaps, by flooding, and at last the discharge becomes so scanty and so slightly colored as scarcely to attract notice, and then finally disappears. The reproductive powers cease with the termination of the function.

At this critical period there is not infrequently *enlargement of the abdomen*, which, though it may occur at earlier periods of life, is due to causes peculiar to this. It may arise from a highly sensitive and enfeebled state of the stomach consequent on sympathy with the deranged functions of the womb. Hence there is indigestion, which does not prove amenable to ordinary remedies, but must be treated in view of the primary cause. Food and wind accumulate, causing painful distention of the abdomen, and attended with loss of appetite, depression of spirits, constipation, drowsiness and general weakness. Scanty or excessive discharge is also an accompaniment. Fibrous tumors of the womb are not uncommon, and by their mechanical pressure may cause painful defecation, constipation, piles, diarrhea, frequent and painful urination and varicose veins.

The general opinion that the change of life is a perilous period for patients who enter it in a state of disease is, we believe, correct ; more especially if any womb or constitutional affection exists, for this is gen-

erally aggravated, the change prolonged, and the cessation retarded.

Causes of Disordered Function—Previous disease of the womb; exhausting labors; anxieties arising from the rearing of a family, etc.; these trials tend to depress the forces, so that when the final efforts which close the sexual life have to be made, the nervous system gives way in one shape or another, and various aberrations ensue.

The old notion that menstruation acts as a purifying process is no doubt, to some extent, correct; hence when this function ceases the blood is liable to become charged with deleterious products. This is further liable to be aggravated by the fact that at the "change" the nervous distribution is reversed, and indigestion results from disordered or obstructed secretion or excretion. Too little open-air exercise increases the evil by favoring torpor of the lungs, the bowels, the liver, the kidneys; and the skin acting imperfectly, permits the products of waste tissues and of mal-assimilated food to accumulate in the blood.

Remedies—To control excessive flooding, there is no remedy equal to the fluid extract of the New England hemlock (*Pinus Canadensis*), given in twenty-drop doses, every half-hour or hour, until the hemorrhage ceases. This remedy can be had at all drug-stores.

Accessory Treatment—A light and nourishing, but not an *extra* diet should be allowed; wine and malt liquors are generally unsuitable; for an accustomed discharge is about to cease or has already ceased, and the system is liable to oppression, and the patients to complaints of weakness; but this weakness is generally sensational rather than real. If, to remove the languor and inactivity present, stimulants and generous diet be allowed, some important organs will most likely suffer.

Small quantities of spirits are sometimes prescribed to remove the distressing sensations commonly felt in this period, and are generally taken by the patient with great satisfaction; but their good effects are only temporary, while their continued use is often most mischievous. Veal, pork, salt-meat, pastry and made dishes should be avoided; vegetables in season, well cooked, with beef, mutton, white fish or fresh game may be taken in moderation once a day. Cocoa or cold water forms the best drink for breakfast, and one small cup of tea for the evening meal. The sleeping-room should be cool and well ventilated, and the patient should sleep on a mattress. The changes of the weather should be guarded against by appropriate dress, and *exercise taken daily in the open air.*

REPRODUCTION.

Marriage—The question of the marriage of unsuitable persons, or of marriage at an unsuitable age, is often either disregarded or viewed from too narrow a stand-point, as if it only concerned the individuals forming the alliance. Our responsibility, however, imposes on us the duty of enforcing the truth that the health, happiness and material greatness of future generations are involved in such marriages. No one but a physician, who sees human nature in all, even in its darkest aspects, can fully appreciate the subject, or accurately trace its workings in society. The several points, here only briefly alluded to, are of pressing importance, and should be seriously pon-

dered, in all their bearings, by persons contemplating marriage, and by parents and guardians.

Marriageable Age—From twenty to twenty-five years of age may be stated as the most suitable time of life for contracting marriage on the part of women. Although the function of menstruation commences from the fourteenth to the sixteenth year, yet the female constitution is not sufficiently formed and matured till twenty or twenty-one years of age to permit of marriage without risk of injury to health and comfort. Some exceptions to this may exist in persons who have acquired at about nineteen that physical and mental perfection which the majority of persons in this country only attain some years later. On the other hand, too late marriages frequently entail much discomfort, and the children of such parents are often sickly and die prematurely. But these points are more fully and separately considered further on.

Precocious Marriage—Physiology clearly teaches that both animals and plants must acquire full development before they are capable of reproducing their species in the highest and most vigorous condition. Too early marriage often results in arrest of development, a shattered constitution, and generally impaired health in the mother; such marriages are also generally less fertile, and the children who are the product of them are weak, puny, and have an increased rate of mortality. Further, premature marriage, by anticipating the demands of nature, increases the sufferings and dangers of childbirth. Anatomical facts may also be briefly cited to confirm the correctness of our conclusions. The perfect ossification of the pelvic bones, and their complete union to one another, do not usually take place till after twenty years of age; nor is it till about this period that the pel-

vis has fully assumed the form, shape and distinctive sexual features so admirably suited for the functions of child-bearing. It is well known that the pelvis of the two sexes differs but little till puberty; but at that period the female pelvis begins to assume its striking characteristics; its cavity becomes capacious and broad in both its diameters, and the inlet and outlet also enlarge. These and other characters, so necessary for maternity, are not fully developed till after that maturity of growth, the process of years, which only fairly *commences* about the time of puberty. "When I am consulted," writes the celebrated M. Joulin, "as to the propriety of a marriage for subjects who are too young, I am accustomed to respond to the parents that they should not marry their daughter until for a year at least after her stature had ceased to increase. This is the epoch that I fix for nubility." The early exercise of the sexual functions of the lower animals does not disprove our argument. The life of the sheep, for example, is much briefer, its office much more material, and its sexual propensities are therefore manifested at a much earlier age.

Marriage, moreover, if suitable and happy, lengthens life. The relative influence of marriage and celibacy on the duration of life has been ascertained. And the result is that the mortality is considerably less, both among men and women, in the married state, than among the unmarried and widowed. This opinion has indeed been controverted; and it has been affirmed that longevity, instead of being a consequence of marriage, is simply a co-relation of it; that they are concomitant results of the same cause; viz., constitutional vigor. Where the reproductive instincts are strong the surplus vital energy is great, and the organization is likely to last. This

may be true, but we nevertheless think that well assorted marriage lengthens life.

In thus recording our matured opinion on this subject, we may be excused detailing, in a domestic work, the varied kinds of evidence on which it is based. Let the inquiring mind look around, and somewhat beneath the surface of society, carefully examining what will thus come to view, and proof will be ample and varied that deferment of marriage many years beyond the period indicated is not always consistent with physical and moral well-being.

Disproportionate Ages—A considerable *disproportion between the ages* of the husband and wife is to be avoided. When circumstances are favorable to such an arrangement, there should not be more than five to eight years' difference between the ages of the man and the woman, though there are exceptions to this rule, the husband being the senior.

Ill Health a Contra-Indication—A little reflection will convince any one of the disastrous consequences likely to spring from the *marriage of unhealthy persons*. The fact cannot be disputed, though appreciable with difficulty, that the natural and special dispositions of the individual descend to him in a certain measure from his origin, and that parents transmit to their children such and such moral propensities, just as they do such and such physical temperament, or such and such features. Hereditary transmission enters into the moral as well as into the physical order of the world. Disease, then, as well as peculiarities of character, may be transmitted from parents to children. This is no mere theoretical statement, but a truth based on practical observations a hundred times verified; and it should convey a most impressive lesson. If, for example, the consumptive young

woman marries, she becomes a mother—for the consumptive are generally prolific—and indelibly imprints her infirmity on her offspring, while she exposes herself to the perils of childbirth, a hundred-fold heightened in such a disease. The observant medical practitioner only, who can trace effects to their causes, can gauge the suffering and bitter disappointment which result from such marriages, and should be consulted *before* marriages are arranged. It will be obvious that unless the fountain whence much physical evil flows—hereditary taint—be itself purified, nothing can effectually check the progress of maladies universally prevalent, and destructive to happiness, health and longevity. So long as a reproducing agent is constantly at work, imprinting at the time of impregnation the elements of disease on countless numbers of children, nothing can prevent the multiplication of the evils consequent on diseases and premature death.

Conception—Impregnation depends on the union of certain elements furnished during sexual intercourse, and which are alike indispensable. And it needs but a superficial acquaintance with human history to know that the future being, in its physical and intellectual powers, during the whole of life, is to a great extent determined by the actual condition of the sperm-cell and the germ-cell furnished by the parents. Education and hygienic connection, it is true, may improve an imperfectly organized embryo; but the fact remains, and its general recognition is of great importance, that the qualities of the germs furnished at the period of impregnation will cling to the individual during the entire period of natural life. The practical lesson to be gathered from this fact is, that sexual connection, at least whenever conception is a possible result, should only take place under favorable conditions. There should be at the time the most perfect

health; also freedom from bodily fatigue, mental excitement or depression, and the disturbing influence of active digestion, as after a full meal. The essential conditions, then, necessary for the production of healthy and beautiful children are, good health on both the paternal and maternal sides, and the observance of correct rules, a few of which only are referred to in this work. Dr. Hufeland, an eminent German writer, says, "In my opinion, it is of the utmost importance that this moment (the moment of sexual union) should be confined to a period when the sensation of collected powers, ardent passion and a mind cheerful and free from care, invite to it on both sides."

It is held that the time most favorable to conception is that following the cessation of the menstrual discharge. Women have then a much greater aptitude to conceive. Everything seems admirably prepared at this period for the reproduction of the species. The explanation of this may be here briefly summarized. At every menstrual period an *ovum* or egg is matured and expelled from its Graafian vesicle, and a woman is only liable to impregnation on its meeting and blending with the necessary fecundating principle of the man. The time occupied by the passage of the ovum from the ovary to the uterus or womb is not accurately known, but varies from five or six to eight or more days, differing probably in different persons and in different conditions of health. When the passage of the ovum or egg is completed, the liability to pregnancy is supposed to cease till after the next menstruation. An entirely different doctrine, however, to that above enunciated is now beginning to prevail, and we will now briefly state the new, and probably correct, doctrine. Modern research tends to prove that a developing ovum or growing embryo does

not belong to a menstrual period just past, but rather to one immediately prevented by fecundation. In short, menstruation is now considered to be a degenerative process, a kind of fatty metamorphosis or change of form similar to that which takes place at the end of pregnancy, and its occurrence proves that the ovum has already perished. Hence, according to this doctrine, the time most favorable to conception is the few days *preceding* the monthly period.

Maternal Impressions—Some doubt has been expressed as to whether impressions made upon the mother, by fright or otherwise, affect the unborn child. Arguments have been employed to show, on physiological grounds, that the fetus cannot be influenced. But facts are stronger than arguments. We might quote numerous instances, some from our own experience, in which most unquestionably congenital deformity could be accounted for only by impressions received by the mother during pregnancy. Any strong, striking impressions, not necessarily the result of fright or terror, may affect the child. We therefore counsel those who are pregnant so to fortify their constitutions by good habits that they may escape the nervous condition which is susceptible to impressions, to avoid whatever may expose them to the risk of being struck with what is disagreeable and repulsive, and to surround themselves with pleasant associations and objects of grace and beauty. If a child unborn is affected by what is repulsive, it may also be susceptible to what is attractive. All persons cannot choose their circumstances and associations, nor can all avoid the risk of meeting with what is disagreeable: "no caution guards us from surprise." But it is possible to all to avoid what is enervating, and to adopt what is strengthening to the constitution.

LONGINGS.

Many believe that a great desire for any special article of food during pregnancy, will have the effect, if not procured, of making a mark on the child. The best plan is to have all reasonable desires gratified as soon as possible. It is the duty of the husband to do all that is in his power to meet his wife's wishes; to make her as comfortable as possible. If this requires sacrifices of time and means, let them be made promptly and cheerfully; made, too, in love and affection, and in generous sympathy.

Any shock, mental or physical, experienced by the expectant mother, may leave an impression—physical, mental or moral—on the unborn babe; hence reasonable precautions should be taken to prevent them, to avoid places and times and circumstances which might be calculated to occasion them, and instead, secure surroundings which are in every way encouraging, pleasurable, elevating and delightful.—[Hall.

SIGNS AND SYMPTOMS OF PREGNANCY.

The signs of pregnancy vary considerably in different ladies, both as to their nature and the periods of their occurrence. The inquiry as to the existence of pregnancy is often one of great importance and anxiety, and we therefore place before the reader the most characteristic signs and symptoms to which this condition gives rise. In estimating the conclusiveness of these signs reference must be had to their number and importance, the previous condition of the lady, and any accidental causes which may have been in operation to produce unnatural changes. Only four of the following signs can be considered as *certain*, and these only when clearly made out; they are—the sounds of the fetal heart, the movements of the child felt by another, fluctuation and ballottement. The other signs are *probable* ones; probability, however,

almost rising into certainty in some cases and at certain periods of gestation.

1. Absence of Menstruation—One of the first circumstances which leads a lady to think herself pregnant is the arrest of the usual monthly discharge. If the suppression of the menses occur in a healthy female, who had before been regular, and who has not been exposed to cold or wet, or any other accidental cause likely to influence the menses, and especially if at the second or third period the menses are still absent, pregnancy may be suspected. This sign will be much more conclusive if there are superadded to it other symptoms indicative of pregnancy, such as those described further on.

But although this is one of the earliest signs of pregnancy, still no certain conclusion can be arrived at from it, inasmuch as the menstrual function may be suppressed from causes altogether distinct from pregnancy—mountain-air, an entire change of habits, a sea-voyage, etc.; or conception may occur prior to the establishment of menstruation, or immediately after ceasing to nurse, and before the function has had time to recur. Again, the menstrual discharge may be suspended as the result of disease, and conception may take place before that function is re-established.

It therefore follows that, though the absence of menstruation is of considerable value as evidence of pregnancy, it cannot, in itself, be regarded as an absolute sign.

2. Morning-Sickness—Generally, in from two to six weeks, sometimes immediately after conception, ladies suffer more or less from nausea, and sometimes vomiting, on first taking the erect posture, probably from the uterine vessels being then more congested, and hence termed *Morning-sickness*. Occasionally these symptoms are so

severe and persistent as to impair very seriously the health of the patient; on the other hand, some patients do not experience sickness at all.

In consequence of its intimate nervous connections with all parts of the body, the stomach often acts sympathetically in comparatively trifling derangements. Cerebral excitement, nervous irritation, affections of the bowels, kidneys, liver, etc., are all capable of exciting abnormal action in the stomach resembling that which attends pregnancy. As an isolated sign of pregnancy, therefore, this is one of but limited importance; it may be absent altogether, occur at unusual times, or take unusual forms; but when it is combined with other symptoms described in this chapter, occurs in the usual order of time, and there is no apparent cause for it, such as indigestion, and the tongue is clean, and the appetite and general health continue good in spite of the nausea, it furnishes an important link in that chain of evidence which indicates the pregnant condition.

The *treatment* of this condition is described further on.

3. Enlargement of the Breasts—The examination of the breasts furnishes an experienced observer, acquainted with the general anatomy of the glands, with valuable data on which to found an opinion touching the existence of pregnancy. Generally, in about six or eight weeks after conception, often earlier, there occurs a sensation of fullness, with throbbing and tingling pain in the breasts, accompanied by their enlargement. They become larger, firmer, and feel knotty, and after a time a milky fluid may be secreted. But these symptoms cannot alone be relied upon as evidence of pregnancy, since irritation of the utero-genital apparatus, suppressed menstruation, uterine tumors, or even, in some females, the appearance

of the monthly discharge, may give rise to them. A temporary enlargement, simply consequent on marriage, is sometimes observable, without the occurrence of conception. Enlargement of the breasts may also be due to fatty deposit; but in this case other parts of the body will present evidence of a proportional increase of the fatty material. The true character of the enlargement is easily recognizable by the touch of the experienced finger; that from fatty enlargement is soft and uniform, but that from pregnancy is hard and knotty, and the lobules of the gland may be felt beneath the skin, arranged in a regular manner around the nipple. Enlargement from chronic disease is perhaps less likely to lead to an erroneous conclusion, as one breast only is involved, and that but partially so.

4. Darkening of the Areola around the Nipple—In the virgin state, the color of the nipple and areola is usually but a shade deeper than that of the skin generally; but in about six or eight weeks after conception, the delicate, pink-colored circle around the nipples becomes several shades darker, the circle increasing in extent and in depth of color as pregnancy progresses. This change is so strongly marked in primiparæ, or in pregnancy of the first child, as to afford a good sign of gestation. It is, however, rendered of less general value from the fact that after the first pregnancy the dark color becomes permanent, and is but little modified by subsequent ones. Concurrently with the altered color of the areola, the nipples and surrounding integuments become swollen, puffy and more moist, secreting a fluid which stains the linen; and the veins beneath the skin become more visible. Prominent points or glandular follicles, varying in number from twelve to twenty, project from the sixteenth to the eighth part of an inch, imme-

diately around the base of the nipple. These changes, which are often well marked, are not, however, always so. The darkening of the areola is less marked in women of light complexion; and something resembling it, as also enlargement of the mammary gland, is said to be present when the uterus or womb is distended from other causes than pregnancy.

Alterations in the size and appearance of the breasts, the two signs just referred to, afford to the educated hand and eye of the practitioner valuable evidence: they have also this additional importance, that an examination of them is easily obtainable, and for various reasons, more readily conceded than one involving the vagina and abdomen.

5. Milk in the Breasts—This sign, considered very conclusive of pregnancy, is often unreliable. Women who have borne children, sometimes continue to secrete milk for a long time—even for years; in such cases, therefore, this sign is of little value. Milk in the breasts also occurs in other conditions of the system besides pregnancy, and even in females who have never borne children.

6. Enlargement of the Abdomen—After impregnation, an increased afflux of blood occurs towards the womb, the tissues of which gradually expand, imparting a feeling of weight, fullness and sensitiveness in the uterogenital organs.

The gradual enlargement of the womb furnishes a tolerably accurate guide to the period of pregnancy, by the height which it attains in the abdomen. In about two months the intestines are somewhat elevated, and by the end of the third month the enlargement may be perceived; at the fourth month, the womb rises out of the pelvis in the form of a hard, round tumor, and then

gradually rises, and enlarges the whole abdomen. It reaches the *umbilicus* (navel) at the sixth month, and is highest at the ninth, when it reaches the ensiform cartilage, and impedes the descent of the diaphragm; during the last month it sinks a little, probably from some diminution of *liquor amnii*.

The sensation conveyed to the hand by the pregnant uterus is very different from that of the abdomen distended by fluid, flatus, etc.; the former being firm, elastic, defined; the movements of the fetus may be felt by the practiced hand; but in the latter there is an absence of firmness and elasticity, and the tumor is not defined. On reaching the umbilicus, the uterus pushes it forward, so that in about the sixth month it is more prominent than natural, and afterwards it protrudes somewhat from the surrounding skin.

Enlargement of the abdomen, as a sign of pregnancy, is liable to variation; it may be distended by tympanitis or fecal accumulations in the intestines, or by ovarian dropsy; or the uterus may be enlarged by air, fluid or worms. In many cases the abdomen even becomes flatter at first, from the sinking of the impregnated uterus in the pelvis, attended perhaps with a slight retraction of the navel.

7. Quickening—In popular language, this term is applied to the mother's perception of the first movements of the fetus, on the incorrect assumption that it was not alive from the very moment of conception. Quickening may be briefly explained thus: As soon as the uterus has become too large to remain in the pelvis, it rises into the abdomen, sometimes suddenly, causing faintness and sickness; after this, the movements of the child, pressing directly upon the sensitive walls of the abdomen, are felt. If any doubt exists as to the date of concep-

tion, four months and a half from the date of quickening may be reckoned as a tolerably safe guide to the time of labor.

This sign of pregnancy is by no means a reliable one, unless the movements are certainly *felt by another* person, as the patient may be deceived by wind in the intestines, or by the force of her own imagination; for women who think themselves pregnant often assert that they plainly feel the motions of the child, persisting in such statement until the lapse of time convinces them of their error. On the other hand, cases occasionally occur in which no sensation of the motion of the child is perceived by the mother from the beginning to the close of pregnancy.

8. Fluctuation—As early as the second or third month, pregnancy can often be diagnosed with certainty by this test. The *tactus eruditus*, or educated touch, possessed by the practiced physician alone, is essential to make the test available. Holding the uterus steady with the left hand, an examination with two fingers of the right discovers the *os uteri*, or mouth of the womb, closed, the womb more or less enlarged, and by pressure or percussion a sense of *fluctuation* or perceptible movement of fluid is communicated. The fluctuation is a most important sign, giving reliable evidence in a majority of cases. After the second month the fluctuation is more perceptible, but it may be recognized by the sixth or seventh week by a careful examination.

9. Ballottement—At the expiration of a few weeks the uterus or womb will be found lower than usual, heavier, and its mouth more circular and closed; but afterwards it becomes higher, more difficult to be reached, and its neck shortened. If the woman be placed on her knees, and an impulse given to the finger, *ballotte-*

ment, or the floating of the child, may be felt, for it rises a moment in the *liquor amnii*, or fluid in which the fetus floats, and then, by its own gravity, sinks again on the finger. The most favorable period for this test is between the fifth and sixth months. Before the fifth month the fetus is too light, and after the sixth month it is too closely packed to admit of this test. Ballottement is very conclusive of pregnancy, and especially when corroborated by other signs, but determines nothing as to the life of the fetus.

10. Kiesteine in the Urine—By keeping the urine of a pregnant woman a few days, a whitish scum, of a fatty or curdy appearance, forms on the surface, and then gradually breaks up again from decomposition, emitting a strong odor as of decaying cheese. Kiesteine is a mucilaginous principle, and probably exists in the urine from the first month of pregnancy until delivery, and arises from the excess of nutriment formed in the blood of the mother for the child.

11. Sounds of the Fetal Heart—By applying the stethoscope to the lower portion of the abdomen of either side, usually on the left, about midway between the umbilicus and the anterior superior spinous process of the ilium, the fetal heart may be heard at twice the rate of the mother's. The sound has been compared to the muffled ticking of a watch, and the earliest time it can be heard is the beginning of the fifth month. When the pulsations of the fetal heart are heard, they are the most positive of all the signs of pregnancy. At the same time, the pulsations may be inaudible, and yet the woman may be *enceinte* (pregnant), as the fetus may have died, or the pulsations may be rendered inaudible only for a time.

12. Other Signs of Pregnancy, which we can

here only enumerate, are—sharpness of the features; irritability of temper; and, frequently, toothache and other nervous complaints. Lastly, *a frequent desire to pass water*, especially in the night, is another *early* and valuable sign.

From the foregoing statements the reader will perceive that the diagnosis of pregnancy, especially in the early months, is far from being certain; the evidence is cumulative, no one sign being alone trustworthy, probability rising in proportion to the accumulation of the signs. Errors in the diagnosis of pregnancy usually arise from the attention of the observer being restricted to one or two signs only, and omitting to inquire for other corroborative ones.

The Sex of the Child Before Birth—The interesting fact that the sex of the child can in a large proportion of cases be ascertained during gestation has recently been made known (August, 1873). When the fetal pulsations reach one hundred and forty-four per minute, the child is probably a female, but when they are one hundred and twenty-four per minute, probably a male. Any little variation from one hundred and twenty-four upwards, and from one hundred and forty-four downwards, will not alter the diagnosis, provided auscultation be practiced towards the end of pregnancy. Steinbach was correct in forty-five out of fifty-seven cases which he examined; while Frankenhauser was right in all the fifty cases which he examined with a view to determine the sex of the fetus in utero.

General Habits During Pregnancy—1. **DIET.** The diet should be simple, nutritious and easy of digestion; it should be thoroughly masticated, and but little fluid should be drunk at meal-times, especially cold, since cold retards digestion. It is an error to suppose

that women require more nourishment in pregnancy than at other times; and large quantities of rich food, taken in the belief that it will contribute to the sustenance of the child, cannot but be productive of baneful consequences. Spices, spiced meat, sausage and all highly seasoned food and late suppers, must be refrained from. Plainly cooked animal food (once a day), well boiled vegetables, ripe fruits, and such articles as rice, tapioca, arrow-root, will, if taken in moderation, rarely disagree with the stomach. Pie-crusts, smoked hams, salted meats generally, rich sauces and every article that has been known to occasion indigestion, must be rejected. All substances that have a tendency to produce a costive state of the bowels should be especially avoided, and unless some reason exists to the contrary, brown bread should be eaten in preference to white. Stimulating drinks—wines, ardent spirits, ale, porter, strong tea and coffee—are, generally, hurtful both to the mother and the fetus, or child.

2. DRESS—Under this head, the origin of the word *enceinte*, used to signify the pregnant condition, is highly suggestive. It was the custom of the Roman women to wear a light girdle or cincture round their waists; but on the occurrence of pregnancy this restraint was removed. Hence a woman so circumstanced was said to be *incincta* (unbound), and thus the term *enceinte* has been adopted to indicate pregnancy.

It would seem scarcely necessary to make any remarks upon the dress to be worn, were it not that some females, considerably advanced in pregnancy, often lace tightly for the sake of attending public entertainments, or of diverting notice from their condition. At no time should stays be worn, for the simple reason that they are never required. But they should especially be avoided dur-

ing pregnancy, since a continual and forcible compression of the abdomen, while nature is at work to secure its gradual enlargement in order to accommodate the growth of the fetus, must be attended with serious injury to the health of both mother and child. During gestation, or pregnancy the uterus increases on an average from two to fourteen inches in diameter. It will be obvious, therefore, how vain as well as criminal must be any effort to contract it, and thus to conceal its enlargement. Palpitation of the heart, indigestion, disease of the liver and costiveness; difficulty of breathing, spitting of blood and persistent coughs; enlarged veins in the legs, swellings in the lower limbs, disorders of the womb, deformity of the offspring and numerous other affections have their origin in tight-lacing; and, finally, if the child be born alive and moulded aright, and the mother escape her self-created perils, it may be questioned if compressed breasts and nipples can afford the requisite nourishment for the child.

The dress should be arranged, both as to material and quantity, with the view to comfort and to the season. There must be no pressure on any part; even the garters should be loosely worn. The feet and abdomen should be kept warm, since habitual coldness of these parts predisposes to colic, headache and miscarriage.

3. EXERCISE—Exercise is a most important means of retaining good health during gestation, of securing a natural delivery, and of favoring the health of the infant. *Walking* in the open air is a most useful kind; for this calls into action more of the muscles of the body than does any other exercise suited to this condition. *Walking-exercise* is even more necessary in the winter than in the summer, and produces a much healthier and more lasting warmth than sitting before a fire. It should, if possible, be taken in the morning before dinner, and be

of such a character as to interest the mind as well as to strengthen the body. This will operate most favorably as a preventive of a host of the morbid conditions and feelings which are apt to attend this state. Care must however be taken to avoid such a degree of exercise as may induce positive fatigue; such as too long walks, going out in slippery weather, dancing, lifting heavy weights, and all kinds of violent motion, which are liable to cause hemorrhage, miscarriage and bearing down of the womb. The passive exercise of riding in a carriage falls short of the object in view; and on the other hand, riding on horseback exceeds it, besides the danger of fright and accident to which the incipient mother is then liable. In very wet or windy weather or when it is impracticable to walk out, she should select a large and well ventilated room, so that the air she breathes may be pure.

It will be plain from the tenor of these general remarks, that lassitude and languor should be striven against and overcome. *On this account the pernicious habit of sleeping after dinner should not be contracted.* Too little sleep is, perhaps, even a less evil than too much. And hence, ladies who pass the interval, or a good part of it, between dinner and tea, *on the couch or the bed, generally suffer from debility which ends in proneness to disease.*

4. GENERAL HINTS—Theaters, balls or exciting, brilliantly lighted public meetings should not be attended; early habits should be formed; all excessive mental emotions, as grief, despondency, anger and the like, are to be guarded against; the cold or tepid bath should be used daily, following it with vigorous friction; the mind should be kept tranquil, remembering that parturition is not necessarily attended by great suffering, or imminent

danger ; these being, in most instances, the penalty inflicted on those who disregard the hints laid down here.

DISORDERS OF PREGNANCY.

In a natural state of social life pregnancy would be a condition comparatively exempt from suffering. In consequence, however, of disorders induced by artificial habits, the excessive use of drugs, constitutional diseases or accidental causes, this condition is too often accompanied by departures from health, some of which we shall describe in the following pages, together with the best means for their prevention and removal.

Melancholy, Fear, etc.—Fear, anger, joy, grief and other emotional disturbances, operate powerfully upon the heightened susceptibility of the pregnant state, and, unless moderated or removed, may affect both the mother and child unfavorably. A morbid dread, causing the sufferer to view events through a darkened and distorted medium, is liable to produce trembling of the body, weakness of the limbs, alarming dreams, nightmare, nervous irritability, leading her to despair of life, and even to wish that it were extinct. Injudicious friends often aggravate this morbid state by recounting accidents and unpropitious results of pregnancy which probably never occurred. Such thoughtlessness cannot be too strongly condemned. The statements are almost always untrue, but they may appear so real to the patient as to operate powerfully on her mind, and thus produce the most serious results.

Treatment—Useful occupation combined with suit-

able out-door recreation or games, cheerful company or books, change of air and scene or easy journeys to favorite or novel places of interest.

Fainting and Hysterical Fits—These are not frequent accompaniments of pregnancy, except at the period of quickening and in weakly and delicate females. The fits are far from being serious, except when associated with organic disease of the heart. If they occur towards the end of pregnancy, they may render convalescence after child-birth more tedious than it would otherwise be. They are also unpleasant occurrences at the time of labor.

Symptoms—These differ from epileptic fits, as there is no choking noise in the throat, or biting of the tongue. There is a sensation of languor, with disposition to yawn; things appear to turn round, the sight becomes dim, the face pale, and there is buzzing or ringing in the ears; the patient sighs and becomes partially insensible.

Causes—Heightened impressionability of the nervous system from debilitating causes, as neuralgia, prolonged sleeplessness, diarrhea or other discharges, anger or fright. Tight dresses, crowded and badly ventilated sitting-rooms, churches, theaters, ball-rooms, etc., are frequent exciting causes. When fainting occurs soon after labor, it may arise from hemorrhage, and requires prompt and skilful treatment. (See "Flooding after Delivery.")

During an *hysterical* fit, cold water may be sprinkled on the face. For a simple fainting fit, the patient should be laid down, with the head and shoulders slightly raised, abundance of air admitted to the room, and quiet maintained. Camphor, cologne-water, salts of ammonia, etc., may be applied to the nostrils. If the extremities are cold, artificial warmth may be necessary. The exciting cause must, as far as possible, be removed;

when this is a tight dress, or a too hot or badly ventilated room, removal of the cause is generally sufficient; if fainting arises from constitutional conditions, professional treatment is necessary.

In ordinary cases the patient, upon the first feeling of faintness, ought to be laid down without a pillow, and her dress thoroughly loosened, and the windows should be opened. It is scarcely necessary to say that there should be as few attendants as possible. This symptom indicates a change required in the habits of life to simpler, plainer, more natural ones; in brief, proper exercise and proper diet are required here as well as in nearly all other cases. A change of air may prove beneficial when the patient is subject to attacks of fainting.

Attacks of hysterics can be temporarily cured by the use of small doses of assafoetida (size of a pea), taken as often as required. Tincture of valerian is also an excellent medicine. A dose of the latter is from forty to eighty drops.

How to Avoid Hysteria—It is commonly supposed that a woman during pregnancy must not be subjected to long or severe mental effort. This is all a mistake. Let her work with her brain as steadily and as long as she chooses, so that she balances this labor by ample rest, recreation and exercise in the open air. If a woman begins to feel her mind over-taxed and her nerves overstrained, she should not lay the facts to too much mental study and work, but to too little physical exercise and rest. There is most danger from hysteria to those who have not sufficient employment for the mind—whose hands and brains are alike idle. It is a well known though not sufficiently considered fact, that hysterical symptoms are to be more frequently met with among women of leisure than

among those who perform either hard physical or mental labor.

MORNING - SICKNESS, OR VOMITING DURING PREGNANCY.

In the early months of pregnancy, most women experience more or less of this; occasionally nausea or vomiting, or both, are very troublesome and persistent symptoms, and give rise to serious concern as to the patient's health, especially in the first pregnancy of delicate women.

Symptoms—The first intimation of it generally occurs on rising from bed. Before getting up, the patient may feel as well as usual, but while dressing will be overtaken by nausea, followed by retching, and perhaps by vomiting. Or it may not occur until some little time after leaving the apartment, or not till after breakfast, which may be eaten with zest. In some cases, sickness is not felt till the evening, when its habitual return indicates one of the forms of displacement (falling or retroversion) of the womb incident to pregnancy. Morning-sickness may begin almost immediately after conception, of which it is often one of the earliest symptoms; but more frequently it does not commence until after the lapse of two or three weeks, and then continues more or less constantly and severely for three or four weeks, and in some instances till near the time of quickening, or even until confinement. In some rare instances it does not occur before the last weeks of pregnancy, and is then apt to be severe; in other

cases it is altogether absent during the whole period of gestation.

Causes—The increased action of the nerve-force employed in digestion to furnish material for enlarged growth, carried to so high a degree as to disturb the equilibrium of the digestive and assimilative forces. It is most common among the wealthy and inactive. Moderate *morning-sickness* is no doubt salutary, by diminishing that tendency to plethora or too great fullness in the system which often attends pregnancy. Uterine displacements are known to produce morning-sickness, and it is more than possible that the slight falling of the womb which is incident to the first months of gestation may help to account for it. When sickness is invariably brought on or intensified during the latter part of the day or in the evening, after the patient has been upon her feet, it is due to displacement or falling of the womb; this is proved by the prompt relief that follows the replacement of the organ on the patient. Obstinate and long-continued nausea or vomiting is generally caused by congestion, ulceration or displacement, or it may arise from hyperæsthesia of the nervous system and require professional treatment. Nausea and sickness occurring towards night are more serious and obstinate, for the reasons already mentioned.

Treatment—The simpler modes of treatment are—cheerfulness, mental composure, moderate out-of-door exercise and early hours. The regulation of the diet is also important, a change in the hours of eating to those in which the stomach is least likely to be disordered, especially avoiding over-eating. Cold food will sometimes be retained when hot is rejected. In some cases two or three teaspoonfuls of beef-tea, frequently repeated, or soda-water and milk, or when these cannot be borne, small pieces of ice may be sucked. In extreme cases, it

may be necessary to give up the attempt of feeding by the mouth, and to depend upon injections by the rectum for a day or two.

Raw Beef in the Vomiting of Pregnancy—Dr. J. S. Bailey and Dr. J. Kitchen have recently recorded several cases, in which *raw beef* has been retained after every other kind of food had been rejected. It was chopped fine, with a little Cayenne pepper and salt sprinkled over it, and given in teaspoonful-doses at intervals of three hours. Although the idea of eating raw beef was repulsive, upon tasting it, it was not found disagreeable.

A few minutes before rising in the morning, take a cup of tea or coffee and a slice of bread and butter. This seldom fails to prevent morning-sickness.

Or an infusion of peach-tree bark, in doses of a teaspoonful every half-hour during the forenoon, will answer a good purpose, as will an infusion of spearmint taken cold. One of the most certain remedies is *nux vomica*. Add from two to three drops to eight tablespoonfuls of water, and give a teaspoonful as often as necessary. A flannel bandage wrung out of cold vinegar and applied around the waist, with a dry one over it, is the best external application.

The following appropriate remarks on this subject are by Mrs. Duffey, in her valuable book entitled, “What Women Should Know:” “A few years since I read an article in a health-journal in regard to the proper diet of a pregnant woman, the substance of which article has since been embodied in a little volume by Dr. M. L. Holbrook, entitled, ‘Parturition without Pain.’ A partial trial of the diet prescribed in this book has convinced me that, if its requirements were fully complied with, the result might be that pregnancy and child-bed, if not entirely de-

void of suffering, would be a hundred-fold less to be dreaded than now. I advise every woman to get this book and read it for herself. I have not space for a repetition of all the directions concerning diet, but the substance of it is, to avoid all meats unless it be the flesh of young animals, such as lamb, veal or chicken; to avoid also all articles made of wheaten flour, and substitute farina and rice in their place; to live principally on vegetables, and to indulge unsparingly in acid and sub-acid fruits. To comply fully with all the exactions of the volume referred to would require time, trouble and expense beyond the ability of most women. But vegetables and fruit are always to be had, and if one meal in the day is made entirely of fruit, it will save much distress.

“Fruit in the Place of Medicine—I have found, in my own experience, a most simple remedy (used in conjunction with the exercise I have already recommended) for the sickness accompanying pregnancy, which always on previous occasions was severe in the extreme. If I did not eat, I suffered terribly from hunger; if I did eat, I suffered still more terribly from a sickness which kept me on the verge of vomiting, yet never relieved me in that manner. Thus I constantly fluctuated between nausea and semi-starvation. There was always, day and night, a bad taste in my mouth which sensibly affected the flavor of everything I ate. My remedy was no more troublesome or expensive than this: immediately after each meal—at which I was careful that no inappropriate article was used—I ate a single tart apple or orange, which at once quelled all symptoms of nausea or heart-burn, took away the unpleasant taste, and left me as free from distress as under ordinary circumstances, and with a hearty, healthy appetite to enjoy my next meal. Let me add, that my inclination led me to prefer a

vegetable diet, and to avoid, as far as possible, meat, bread, pastry and sweets.

“Let women suffering from “morning-sickness” try the acid fruit—apples, oranges or even lemons, if their sourness is not unpleasant. If a single apple or orange after each meal does not suffice, let them try two; let them eat ten if that number is necessary to conquer the distress. The principle is a correct one, and relief is certain. Let fruit be eaten at all hours of the day—before meals and after, on going to bed at night and upon getting up in the morning. If berries are in season, let them be eaten abundantly in their natural state—that is, without sugar. If the sickness still continues, omit a meal now and then, and substitute fruit in its stead. By a persistence in this course, not only will nausea be conquered, but an easy confinement guaranteed.

“Reasons for the Exercise and Diet Prescribed

—As already stated, exercise will conduce to vigorous and regular action of all the organs of the body, and will avert biliousness and plethora. A diminution of the quantity of food will lead still farther away from a plethoric condition. Avoidance of meat, pastry and articles of a like character, will produce a like result in regard to biliousness. Bread is omitted from the diet, because wheat-flour—even bolted flour—contains a large proportion of phosphates or bone-making materials, the use of which will tend to harden the bony structure of the embryo (child) in too great a degree, and render parturition exceedingly painful. Vegetables furnish all necessary nourishment, and fruit, especially that of a sub-acid character, will correct any remaining tendencies of the stomach to biliousness or heartburn. It will also dissolve whatever bone-making material the food of the woman may contain, and the result will be that the bones of the

unborn child will remain gristly and soft, yielding easily to pressure at the hour of birth, and rendering that hour far safer and more free from suffering to the mother without detriment to the babe itself."

HEARTBURN, WATERBRASH AND ACIDITY.

These complaints often occur during gestation, and may be generally traced to taking more food than the stomach can digest, frequently from the mistaken idea that the patient now requires more food than at any other time.

Treatment—An orange, a tart apple or a tumbler of not too sweet lemonade, will probably bring immediate relief. Vitriolic or citric acid may be also used with benefit. Lime-water and milk will bring relief when the heartburn is moderate. A few blanched almonds or roasted ground-nuts have been found in mild cases to bring relief. So also has an infusion of peach-tree bark. The diet should be restricted, avoiding a too exclusive use of vegetables; all pastry, fatty kinds of food, stews, twice-cooked meats, hot-buttered toast, new bread, raw or half-cooked vegetables, and everything that is rich and indigestible, must be forbidden. Bread prepared by Daughlish's process, termed *aërated bread*, is best for patients troubled with heartburn. Plain biscuits are also useful. Drink should be taken sparingly with the meals.

SLEEPLESSNESS.

Sleeplessness is a prominent and annoying symptom in some women in all stages of pregnancy.

Treatment—When the sleeplessness occurs in the early part of the night the patient should sponge her face and neck with hot water, or, if this fail, she should apply a cold-water compress to the nape of the neck, just before going to bed. Similar measures may be adopted if the sleeplessness manifests itself in the early morning.

SWELLING OF THE EXTREMITIES.

In advanced pregnancy women often suffer from a puffy swelling of the ankles, and sometimes of the thighs, or even of the external genital parts. Change of posture has great influence upon the swelling of the legs; in the morning it is but slightly perceptible, but during the day it increases, and towards night it is at its greatest degree.

Treatment—The recumbent posture will often lessen the inconvenience; and when the patient sits she should do so as much as possible with the legs raised. Standing is more unfavorable than a moderate degree of walking-exercise.

Cramps, swelled feet and varicose or bursting veins may all be avoided by a light and appropriate diet and abundance of exercise, which will tend to keep down the weight of the fetus, so that it shall not become burdensome.

SALIVATION (Ptyalism).

A profuse flow of saliva occasionally takes the place of morning-sickness, and is generally most troublesome in the earlier months of gestation; it is sometimes the earliest sign of that condition.

Symptoms—In the morning the patient finds her mouth and throat filled with tenacious mucus of saliva, which is ejected in roundish masses. When salivation is excessive it is a cause of exhaustion.

Treatment—*Chlorate of potash* or *alum-gargles* are often beneficial. As a mere palliative, holding a small piece of gum-Arabic in the mouth is recommended. The chewing of coffee has been known to cure when all other remedies have failed.

This salivation is almost invariably accompanied by, and is the result of, constipation and heartburn; therefore whatever removes these latter will in all likelihood cure the salivation. If it is severe, a physician had better be consulted, who may possibly suggest some means of relief. The same course of treatment pursued in heartburn, frequent rinsing the mouth with lime-water, and the use of solid food alone, will bring relief in ordinary cases. This symptom usually passes away about the fifth or sixth month.

COLIC.

Spasm, from flatulent distention of the bowels, is apt to occur during pregnancy, owing to cold or improper diet. It generally affects the large intestines.

Treatment—During the violent pains of colic, hot applications are useful, but a warm bath is objectionable for colic during pregnancy. A pint or a pint and a half of tepid water, boldly injected up the bowel by an enema-syringe, with a long pipe, and repeated if necessary, is almost invariably and immediately successful, especially when the wind is in the lower part of the abdomen. Indigestible food should be avoided, especially pastry and uncooked or unripe fruits, and no food should be taken within at least three hours of going to bed. Persons liable to colic should wear a piece of flannel around the abdomen in cold or changeable weather, and keep the feet warm and dry. Daily exercise in the open air should be taken, and worry and excessive mental fatigue avoided. See page 92.

CRAMPS.

Pregnant women are liable to cramps or irregular pains in the abdomen, loins, calves of the legs and feet, especially about the fourth and fifth months, and towards the end of gestation or pregnancy, which are due to changes in the uterine and abdominal structures from the growth of the fetus.

Remedies—Brisk friction to the legs morning and evening, and also while the cramps are on, will often afford much relief. At all times the feet and legs should be kept dry and warm.

To spring immediately to the feet, and bear the weight of the body on them, is another admirable remedy for cramps of the legs. See page 43.

TOOTHACHE, OR FACE-ACHE.

The toothache of pregnancy is a *neuralgia*, from which some ladies begin to suffer soon after conception, and even recognize their condition by this symptom. It is, however, liable to happen at any period during pregnancy. The pain may attack one or more decayed teeth, or not quite sound, or it may extend along the jaw without affecting any tooth in particular. It is sometimes so intense as to render the patient temporarily delirious. Extraction of teeth is seldom advisable. A qualified dentist, indeed, usually refuses to remove them for this cause, where it exists alone. Besides, patients of refined nervous sensibility, or who have a tendency to miscarriage, are in danger of abortion from the fear or shock of extraction.

Treatment—One of the best remedies for toothache is a piece of cotton saturated with oil of cloves and placed in the cavity of the tooth. This will generally give immediate relief. Avoidance of cold and damp, improvement of the general health, especially of the digestive organs, should be promoted, by the use of wholesome food, pure air, out-of-door exercise, bathing and regular early habits. See page 485.

HEADACHE, DIZZINESS, ETC.

These are sometimes most distressing concomitants of pregnancy. There may be acute congestion, with throbbing, dimness of sight, confusion of ideas, and great heat of the head and face, with dizziness, intolerance of light and sound, etc. Or the face may be

pale, cool, and the eyes heavy and languid. There may be also a feeling of weight on the top of the head or back of the neck, palpitation, nervous tremblings, a disposition to fall forward, variable or diminished appetite, gastric derangements, etc.

Treatment—In *congestive headache* the feet should be kept warm, and when cold, hot applications should be made to them. In *headache from gastric derangements*, free vomiting often gives relief; to promote which, if necessary, a tumblerful of warm water with a teaspoonful of mustard mixed in it may be taken. In *neuralgic headache*, dry, hot flannels around the head, or a handkerchief tied tightly, is often palliative. If the feet are cold, a hot brick or bottle should be applied.

Preventive Treatment—Early hours, to obviate as far as possible the use of artificial light, heated rooms, etc.; the bath, with plenty of friction, in a well ventilated room every morning; regular, daily, open-air recreation; domestic duties and anxieties should only be permitted to exercise a moderate influence, the patient aiming to live a tranquil and agreeable life; regularity or moderation in eating and drinking, avoiding eating in a hurry, taking suppers, stimulating food and drinks, especially spirits, strong tea, coffee, etc. The regular function of the bowels should be promoted by observing the directions in the section on “Constipation.” See page 331.

PAIN IN THE BREASTS.

Some ladies are troubled with a pricking or acute pain in one or both breasts; the pain may become exceedingly troublesome, constant, or occur in paroxysms;

generally there is no fever, although excessive suffering may cause sleeplessness and want of appetite; like face-ache and headache, this is generally of a neuralgic character.

Causes—Sympathetic irritation in the breasts, through pregnancy, which determines a flow of blood to those organs; compression of the breasts with stays, etc. It is especially liable to occur in women who have suffered from painful menstruation. As a symptom, pain or tension of the breasts may result from tumor in the womb, ovarian dropsy, etc., as well as from pregnancy.

Remedies—Take one part of hamamelis (*Witch-Hazel*) and ten of olive-oil. Mix, and rub the breast frequently with it; it will afford speedy relief. Another good application for this purpose is to take one part of chloroform and twenty parts of glycerine and use as above. Another good preparation, is to bathe the breast with one part of camphor and three parts of water, mixed. Tight-fitting dresses should be avoided.

INCONTINENCE OF URINE.

The bladder is frequently affected during pregnancy; in the early months by the descent of the womb, causing a frequent and painful desire to urinate, which, if not immediately yielded to, may result in an involuntary discharge, especially when the patient has a cough. In many cases this condition is very distressing; the constant discharge excoriates the parts more or less, so that the patient can only move about with pain; whilst at

the same time an offensive, urinous odor is exhaled from the person.

Treatment—The bladder should be trained to retain water during the day, though evacuation should not be too long postponed. All salt, acid and pungent articles of food, malt liquors, spirits, tea and coffee, should be avoided. Meat should be eaten with moderation; fruits, especially uncooked, taken sparingly; flatulent food (that causing wind on the stomach) should not be used. Nothing *hot* should be taken in the latter part of the day. Cold water (soft is preferable), toast and water, mucilaginous drinks, milk and water, and cocoa, are the most suitable beverages. Abstinence from fluids is not desirable, as rather tending to increase the acidity of the urine, which may be lessened by mucilaginous drinks. Local cold ablutions are strengthening.

RETENTION OF URINE.

This, the opposite condition to incontinence, may arise from pressure of the distended uterus or womb, or from displacement of the neck of the womb causing obstruction of the urethra. It requires prompt attention, as the pressure of the over-distended bladder upon the uterus may occasion serious inconvenience.

Treatment—The patient should make regular efforts to pass water; and if she fail in her endeavors, a single introduction of the catheter (instrument for drawing off the water) will generally remove the difficulty. Often, however, the use of the catheter is entirely superseded by the following measures. The sudden application of a

towel to the abdomen, after immersion in cold water, often causes an immediate contraction of the bladder, and consequent discharge of urine. Sometimes the alternate application of a hot and cold towel is speedily successful. Even plunging the hands into a full basin of very cold water, and moving them about, is generally followed by an immediate discharge of urine. Fomentations and injections of water up the bowel or vagina afford great relief, and often supersede the use of the catheter. The diet must be sparing, and, in severe cases, restricted to gruel and demulcent drinks—barley-water, gum-water, linseed-tea, or simple cold water. Tea and coffee should be taken very sparingly, or altogether omitted for a time. A change of the drinking-water is often advisable, especially if pure, soft water can be obtained. Acids and too much salt should be avoided.

PILES (Hemorrhoids).

Piles is really a varicose condition of the veins of the rectum, and is one of the most frequent diseases of pregnancy. It is by no means peculiar to that condition; but some women are troubled then who do not suffer at any other time. *External* piles seldom give rise to hemorrhage to any great extent, while *internal* piles often bleed profusely.

Causes—The chief cause is pressure of the enlarged womb upon the vessels of the pelvis, obstructing the circulation; minor causes are mechanical pressure of the contents of the bowels in constipation, acrid diarrheas, etc.

Treatment—*External piles* should be returned as quickly as possible by gently pressing them within the anus; then the patient should lie down for a short time to favor their retention; afterwards, the application of cotton or a cold compress will afford comfort and tend to prevent the descent of the piles. In *internal piles*, half a pint to a pint of water injected up the bowel in the morning has often a most salutary effect; it constricts the blood-vessels and softens the feces before the accustomed evacuation. Hard, costive motions and straining should always be prevented during piles, by injections of tepid water. An India-rubber syringe, with an ivory tube, should be used, it being much more efficient, and less liable to injure the parts, than glass. If the tumors are too painful to permit of injections, the parts should be washed with tepid water; if they are much swollen and extremely tender, the patient should sit over the steam of hot water, or foment the parts with moderately warm water. When the inflammatory symptoms have subsided, washing the parts with cold water, and cold injections, do much good. See page 401 for remedies.

The Abdominal Compress—This is made of three or four thicknesses of coarse linen cloth, from six to nine inches wide, to fit the individual, so as to cover the whole abdomen, including the liver and spleen, and extend down to the pubes. It should be wrung out of cold water, covered with oil-silk or india-rubber cloth, to prevent evaporation, and secured by three broad tapes around the hips and waist. The compress should fit as closely as possible so as to avoid displacement, otherwise air enters between it and the skin, and cold instead of a moist heat is produced. The best time for wearing it is during the night; and when taken off in the morning the part which has been covered should be sponged with water and

vigorously rubbed with a towel. The wet compress may sometimes be worn day and night, and renewed every twelve or twenty-four hours. It is of great utility in dyspepsia, chronic constipation and piles. Many of the Homœopathic chemists sell bandages for this purpose.

Cold sitz-baths are not always admissible in piles, as they increase local congestion by the reaction they occasion, and should not be used except by medical advice.

Diet—In piles this should be moderate, unstimulating and easy of digestion. Coffee, peppers, spices, the excessive use of animal food and all stimulating beverages, should be avoided. A liberal quantity of well cooked vegetables and ripe fruits is recommended. Bread made from unbolted flour is sometimes inadmissible. On this subject, Dr. Baikie makes the following remarks: "Bread from unbolted flour is both wholesome and nourishing for those accustomed to it from infancy; and to persons suffering from simple constipation, without piles, its occasional use instead of physic is most desirable. But in all cases of piles, when the mucous membrane of the intestines and rectum is irritable, the mechanical action of the scales of bran is most injurious, and sure to produce aggravation."

DIARRHEA.

Diarrhea is not so frequent in pregnancy as constipation, but is generally more prejudicial. If very severe and long-continued, it is apt to induce abortion.

Causes—Nervous irritation, induced by pregnancy; cold, to which pregnant ladies are very liable; insufficient or defective dress; disease of the mucous membrane of

the bowels. Diarrhea sometimes follows conception so closely that the patient has her attention first drawn by it to her condition, and it may return regularly every month, as though it came in the place of menstruation.

Treatment—In cases of protracted diarrhea, the surface should be kept warm with flannel; a flannel bandage around the abdomen often gives great relief. Night-air, late hours, stimulants and excesses of every kind should be avoided. Food should be light, and, in acute cases, taken cool or cold, and only in small quantities at a time. Fluid food is most suitable, especially milk and lime-water or milk and soda-water. Restricting a patient solely to this diet for two or three days, or even longer, is often alone sufficient to cure all sorts of diarrhea not dependent on a permanent chronic cause; and even where there is such a cause, much temporary benefit is gained. It need scarcely be stated that a fluid diet like the above is advantageous in diarrhea, because it is highly nutritive, and because it does not require a perfect condition of the intestinal mucous membrane to digest and absorb it.

CONSTIPATION.

Constipation is a frequent attendant on pregnancy, especially in ladies who live in towns and lead a sedentary life. Although constipation is generally less injurious than a too relaxed state of the bowels, it may occasion many inconveniences, and should be remedied as far as possible by such means as the following:

Causes—Constipation in pregnancy is generally referred to the pressure of the enlarged womb upon the

bowels; but it is often due to *torpor of the bowels*, consequent on the increased action of the womb diverting nervous and vascular forces from adjacent organs. Neglect of sufficient out-door exercise and indolent habits, for which pregnancy is supposed to be a justification, may also give rise to constipation.

Treatment—Daily out-of-door exercise; a tumblerful of fresh spring-water taken either on going to bed or on rising; the sparing use of animal food; the free use of vegetables, ripe or preserved fruits, *brown bread*, oat-meal-porridge, etc.; also the hip-bath. When the bowels remain for many days unmoved, and there is uneasiness in consequence, an *enema* or injection of tepid water or soapsuds, may be had recourse to. In using the *enema* several points should be carefully observed—that the rectum-tube be well greased, that the instrument be emptied of air before insertion, that the injection proceed slowly, that if pain be occasioned the injection be suspended till it is gone and then renewed, and that the *slow* injection be continued till there is an urgent desire to evacuate or go to stool. A wash-basin full of water may be required; a small quantity may suffice. If only a small quantity can be retained, and no result follow, the injection should be repeated after a little while. The wet compress for the abdomen, described under the head of “Piles,” is also a most valuable adjunct. In some cases a small suppository of soap will ensure a comfortable action of the bowels in an hour. A suppository made of a small piece of soap, of molasses candy or of tallow, pushed a little way up the anus into the rectum, will also probably give immediate relief. See Page 189.

SENSATION OF WEIGHT IN THE ABDOMEN.

In the latter months of pregnancy, there is sometimes a very unpleasant sensation of weight and feeling as if the lower parts would give way. In these cases, have a bandage adjusted to the lower part of the body, draw it comfortably tight, and suspend it from the shoulders with a pair of elastic suspenders; it will in many cases relieve all the trouble, and the person will feel an agreeable sense of lightness and comfort.

Under no circumstances should the skirts be suspended from the hips, as is frequently the case. Let all the clothing be loose, especially such as fastens around the waist, and suspend the skirts by straps from the shoulders.

Corsets and tight lacing are always objectionable, but here they should be entirely avoided from the very first. Why any sane person should wish to bandage the chest and prevent free inspiration, is more than we can account for. If women will wear them at other times, let them be banished during pregnancy, if they value their own health or care for the well-being of the child.

CAUSES OF A BAD GETTING-UP AFTER LABOR.

It is no uncommon thing for a patient otherwise healthy to have “a bad getting-up after labor”—that is, to be a longer time than usual in recovering the general condition, which in some cases is not attained for years. There is general debility, manifesting itself in various

ways, notwithstanding a fair amount of rest, food and stimulants; inability to stand or walk a few steps without feeling ready to drop; bearing-down and discomfort in the pelvis; abundant vaginal discharge, perhaps bloody, or muco-purulent, which continues three or four weeks after the birth of the child, and when the lochia ought to have ceased. The most frequent causes are, enlargement, prolapse or displacement of the womb, from taking the erect posture and resuming domestic duties too soon after confinement or abortion; defective uterine involution, which is the main cause of the displacements that so frequently follow childbirth, and the first step to many uterine affections; ulceration or bruising of the uterus or its orifices by a severe or protracted labor, or from too violent removal of the placenta; inflammation of the womb, and a typhoid condition due to absorption of a portion of the placenta which is allowed to remain and decompose in the womb. The administration of *purgatives* and opiates is also a cause of a bad getting-up after labor. The old practice of starvation during the first few days after delivery is another cause. When, therefore, at the end of four or five weeks after parturition, or childbirth, notwithstanding fair nursing, good food and stimulants if necessary, the patient continues weak, unable to walk, and suffers from headache and red, mattery or fetid discharge, professional advice should be sought, as grave consequences may result from neglect. A physical examination is generally necessary to discover the true source of the mischief. The wife should sleep away from her husband. A cold-water abdominal bandage, tightly applied, will prove palliative. See "Puerperal Fever," "The Lochia," etc.

INVOLUTION AND SUB-INVOLUTION OF THE WOMB.

Involution is that contractive change which takes place in the womb after the removal of the fetus by abortion or delivery, by which it resumes its ordinary size and attains to its usual compactness of tissue.

Sub-involution is the arrest or retardation of that change; so that the womb remains enlarged and heavy, causing considerable distress and suffering.

Pathology—The virgin womb is about a couple of inches in length and about an ounce in weight. During pregnancy, and according to the growth of the child, it becomes developed in size and increased in weight. Immediately before the expulsion of a full-grown child, the womb is about fourteen inches long, and weighs at least twenty-five ounces. Immediately after the expulsion, the size and weight are very considerably reduced; the size is less than half what it was before, and the weight is similarly diminished. This change is effected by the contraction of the muscular fibres of the uterus, which begins directly after the termination of the labor, which checks the supply, and arrests the circulation of blood through the organ. With more or less pain the contraction still steadily proceeds. Meanwhile fatty degeneration and disintegration of tissue and absorption aid in the restoration of the organ to its normal state. This, if the process go on with regularity and without interruption, will be attained in the course of five or six weeks, when the compactness of tissue will be regained, and the uterus will measure about three inches in length, and weigh about two ounces. This wonderful contractive and absorptive change is termed involution; if it be incomplete the womb

is said to be in a state of imperfect involution, or sub-involution.

Causes—It may readily be supposed that this process is subject to very easy arrest, and that this arrest may be induced by a variety of causes. A very common cause is the *debility* of the patient, whose weakness is so great that the uterine contractions are not sufficiently prompt, powerful and continuous to check the increased supply of blood to the organ when it is no longer required, and thus to lessen the nutrition which was very necessary before the child was born, but causes enlargement when the womb is empty. Another very common cause is the *too early resumption of ordinary employments*. Even vigorous, healthy, muscular women, who feel quite well, and somewhat resent the necessity for retaining the recumbent posture, often “get about” too soon. The change of the muscular structure of the womb plainly indicates that rest in bed should be taken for at least a fortnight, and that for several weeks after that there should be frequent recumbency, and a very careful return to active exercise. There is some little danger in the present day, when there is such desire and call for activity, lest in abandoning some of the old-fashioned, stifling and weakening customs of a “confinement,” the physical necessity for lying down should be ignored. In dispensary practice, where the patients are drawn from the poorer class, who, without attendance and with the claims of a family, are unable or unwilling to submit to restraint after confinement, by far the commonest form of uterine disease is sub-involution of the uterus, with its attendant evils of displacement and chronic catarrhal conditions of the mucous membrane. Other causes of the evil are *inflammation within the pelvis*, in any of its varieties; *too early return to marital intercourse* and too frequent sexual indulgence, whereby the womb

and its appendages are too soon and too much excited. It should also be observed that if the process of involution be arrested, the return of the menses will have a tendency to confirm the arrest, and by the monthly congestion, causing increase of size and weight, to produce permanent enlargement.

There is one error which we are here solicitous to correct, namely, the supposition that it is not so necessary to retain the recumbent posture after abortion as after delivery at full term. Now involution is as natural and necessary a process in the one case as in the other; and sub-involution may follow abortion, even in the early months of pregnancy, as well as at full term; indeed, it is thought to be much more likely to occur in the former case than in the latter. This is probably because the womb has not reached that normal condition which provides for the contraction of its muscular fibres.

Symptoms—A feeling of weight, with more or less bearing-down of the womb, and a tendency to excessive and too frequent menstruation, the severity of the symptoms being in proportion to the extent of the enlargement. But the excessive menstruation is the most troublesome, distressing and alarming effect and symptom of sub-involution. This is explained by the fact that the relaxed state of the muscular tissue favors the exudation of blood, and that there is an undue amount of blood in the congested uterine veins. The profuse flow is not always immediate: even months may elapse before it occurs; but after a while it is experienced, and examination proves that there is enlargement of the uterus due to sub-involution. In the intervals between the periods there is frequently profuse leucorrhœa; and other attendant symptoms are, debility, great pain in the back, irritability of the bladder and straining.

Treatment—The various causes that have been in operation to produce the condition, as already enumerated, must be avoided. *Rest*, in the recumbent posture, is indispensable. Temporary separation from the husband's bed generally leads to great improvement, and if combined with other measures and continued long enough, may lead to complete restoration. In many cases the health of both husband and wife needs careful supervision. See also the preceding article, and that on "Profuse Menstruation."

LACTATION, OR NURSING.

The Function of the Breasts—The doctrine cannot be too strongly enforced that every healthy mother should nurse her own offspring. The reasons for this may be inferred from the constitution of the female organization, and from the fact that no preparation of food can ever form any but an approximation to the mother's milk. After the birth of the child, nature continues to secrete an excess of nutrient matter; but this excess is transferred from the uterine system to the breasts, where it is secreted in the form of milk for the nourishment of the young offspring.

Pretexts for Non-Nursing—Many ladies seek for professional sanction to wean their infants after a few weeks' nursing, and some even to shirk the duty entirely. The demands made by the toilet, the pleasures of the table, fashionable society, late hours or other forms of dissipation, render nursing inconvenient and distasteful.

The disposition to evade this great natural duty should be strenuously opposed; it deprives a mother of one of the most pleasurable and soothing duties of maternity, and it robs the infant of its inalienable right to breast-milk, laden with all the riches of its mother's affection, while exposing it to the dangers of artificial substitutes.

Care of the Breasts.—Much inconvenience and suffering may be obviated by paying proper attention to the breasts during pregnancy. For two or three of the last months they should be specially bathed with cold water every morning, and left perfectly dry. If the breasts are painful, hard and much distended, two thicknesses of old linen wrung out of cold water may be placed over them and covered with oiled silk. A kind of sling should then be formed by means of a handkerchief or band secured at the back of the neck, and so arranged as to support the breast. Only a sparing quantity of fluids should be permitted.

Diet for the Nursing-Mother.—A lady does not require *extra* good living when nursing, but discrimination in the selection of her food is necessary. If she eats slowly, she may eat sufficient to satisfy hunger, but it is important that she should not overload the stomach, or partake of indigestible food which would occasion intestinal derangement, to the injury of the infant as well as herself. The meal-hours should be regular and late dinners or suppers avoided.

To prove that the kind of food taken by the mother powerfully influences the quality of the breast-milk, it is only necessary to cite the well known fact that the quality of cow's milk is mainly determined by the food on which the animal lives. Thus, a cow fed on turnips produces milk and butter having the flavor of turnips; showing that the milk partakes of the qualities of the food on

which she feeds. The same holds good in regard to the human species, and proves the impropriety of a nursing-mother being allowed to eat anything unwholesome or indigestible.

Experience has taught mothers that if they eat anything acid, and partake freely of fruits and vegetables, the milk brings on colic in the infant and causes diarrhea. Mothers who nurse their infants must therefore often practice self-denial in eating and drinking for the sake of their offspring.

It is not intended to suggest by these remarks that a nursing woman should be excessively particular as to her food. Animal food, varied from day to day—beef, mutton, chicken, game and fish, and any kind of vegetables that has not been found to disagree with herself or her infant may be eaten; but such kinds of meat as goose, duck, salted beef, shell-fish, rich or highly seasoned dishes, pastry, etc., should not be taken. Greens, cabbage, fruit and any other articles of food which the mother has found to disagree with herself or child, must also be avoided. Milk and water, barley-water, toast and water, or even cold water in small sips, is best to appease the *thirst* to which the nursing mother is sometimes subject; but beer or wine tends rather to increase thirst.

Violent Exercise and Mental Depression Deteriorate the Milk—Women who are nursing are liable to *fits of depression*. The best remedy is a short, pleasant walk, or a drive in the country. Healthy exercise in the fresh air admirably promotes cheerfulness and serenity of spirits. On no account should wine or stimulants be resorted to, for they only raise the spirits for a short time, and cause increased subsequent depression, to remove which fresh and augmented supplies of stimulants would be required. The society of cheerful friends is

often a useful stimulus; but visiting must be done within prudent limits, or it will weary and harass the mother, and diminish or deteriorate the supply of breast-milk.

Regimen of Wet-nurses—The regimen and diet of wet-nurses should be as nearly as possible like those they have been previously accustomed to. A woman accustomed to active duties and frugal diet is certain to suffer in her health if she suddenly relapses into a life of indoor idleness, and has a too abundant supply of food, and takes such beverages as ale, stout or wine. A wet-nurse taken from industrial pursuits should continue to perform, at least, light duties, or take a large amount of regular out-of-door exercise. The use of stimulants is injurious, and if taken to cause a good supply of milk will result in disappointment, and bring on indigestion and a host of evils from which the infant is sure to suffer. If the child does not steadily grow and increase in weight the nurse should be changed.

If there be a choice of nurses of otherwise equal capacity, preference may be given to one of dark complexion, for it has been found that the milk of the *brunette* is richer in each of the organic constituents than that of the *blonde*.

In the interest of healthy women employed as wet-nurses, we state here that a syphilitic infant ought not to be nourished from their breasts. The nurse who suckles such a child incurs enormous risk for many an unsuspecting woman has acquired syphilis from her nursing. Artificial lactation, if properly carried out, may, in such a case, be an excellent substitute for the breast.

STATED HOURS FOR NURSING.

A habit very generally prevails, on the part of the mother, of giving the infant the breast too frequently; a habit prejudicial alike to the mother and the child. It may be laid down as a rule, that for the first month the infant should be suckled about every two hours and a half during the day, and every three or four hours during the night; the intervals should be gradually lengthened until about the third month, when it should have the breast only every three hours during the day, and about every four or five hours at night. Even during the earliest period of infancy, the child will acquire regular habits in this respect, by judicious management on the part of the mother. By giving the breast only at regular, stated times, the mother will be able to obtain proper rest and hours of uninterrupted sleep, which can scarcely be enjoyed by those who have fallen into the bad habit of permitting the infant to be at the breast during a considerable part of every night, or of offering it to the child whenever it cries or manifests any uneasiness.

PROLONGED NURSING.

The process of lactation forms a great drain on the constitution, and although healthy women, under favorable circumstances, suckle their children for a considerable time without sustaining injurious effects, still in delicate persons, or under unfavorable hygienic conditions, nursing,

even within the otherwise healthy term, may be productive of permanently serious results.

Some mothers derive the greatest pleasure from nursing their children, and never seem quite ready or willing to wean them. In addition to the pleasure of suckling, there is often another powerful motive to postpone weaning as long as possible. Generally, the function of menstruation is suspended, and it is well known that the nursing-mother who does not menstruate is not likely to conceive. Hence we often find lactation continued for twelve or eighteen months, with the view of avoiding pregnancy. This expedient we have frequently found to be adopted, especially by poor dispensary patients. But inasmuch as nursing does not always shield from pregnancy, and as the health is generally injured by prolonged nursing, it should be avoided.

The period when nursing becomes hurtful varies considerably in different cases, from a few weeks after the birth of the child to twelve or eighteen months.

When to Wean—The symptoms which indicate that lactation is injuriously affecting the mother are, aching pain in the back, or a dragging sensation when the child is in the act of nursing, accompanied or followed by a feeling of exhaustion, sinking and emptiness; general weariness and fatigue; want of, unrefreshing or disturbed sleep; headache at the top of the head, the painful spot being often perceptibly hotter to the touch than other parts; dimness of vision; noises in the ear; loss of appetite; difficulty of breathing and palpitation after exertion or ascending stairs. If the nursing is persisted in, the patient becomes pale, thin and weak; other indications of debility follow—night-sweats; swelling of the ankles; nervousness and extreme depression of spirits; the melancholy being often of a religious character. In short, we may have the

early symptoms of puerperal mania, and it is important that these symptoms should be quickly detected, and when they are amenable to treatment.

Accessory Means—Weaning should be commenced immediately ; nothing short of this will, in general, be of any real utility. An attempt to force the supply of milk by large and frequent quantities of beer, wine or spirits, will be unsuccessful and injurious. Should the infant be four or six weeks old, it may be weaned with a fair chance of doing tolerably well. Indeed, cases now and then occur in which the function of lactation cannot be continued even so long as a month. In slight cases, however, and when the infant is but a few weeks old, the mother should have a good supply of plain, nourishing food, with cocoa and good milk, to the exclusion of tea, coffee, etc. The use of cocoa is often productive of the best results by augmenting the secretion of milk. If, notwithstanding the use of these means, a proper supply of milk is not yielded, and the health and strength of the patient do not improve, all attempts at nursing should be at once abandoned.

LABOR.

Calculation of the Time of Labor—The following table will be especially valuable to the newly married lady, who, through delicacy, might hesitate to seek advice on this important and interesting subject. Much time may be saved, often great anxiety avoided and timely medical and other attendants secured, by ability to approximate in reckoning to the hour of solicitude and hope.

The period of pregnancy, from conception till confine-

ment, is calculated at ten *lunar* months, or forty weeks, which amount to 280 days. It is sometimes reckoned at nine *calendar* months, that is 273 days, or 39 weeks; probably, however, forty weeks is the safer reckoning. Gestation is occasionally protracted beyond 280 days. Cases are recorded in which labor has been delayed 10, 20 or even 30 days beyond the usual period, but such cases are very rare. When the date of conception is known, the reckoning begins from that day. If that be not known, then the calculation must commence from the last monthly period. If the time of the last monthly course cannot be remembered, then that of *quickenings*, or when the movements of the child are first perceived, must be made use of.

Ladies who make use of the annexed table should remember that the period of pregnancy is slightly altered by the age of the parties concerned; the fact being clearly proved that the younger the husband and wife, the shorter the term of utero-gestation; and *vice versa*, as age increases, the term of gestation is proportionately lengthened.

Dr. Clay states that he once witnessed a curious experiment bearing on this subject, on the eggs of domestic fowls. Pullet-eggs can be easily distinguished from those of hens of three or more years old. A certain number of them were placed under a young hen, and an equal number of eggs from older fowls under an old hen. The result was, that every chick had escaped its shell from under the young hen at least twenty-four hours, some even as much as thirty-six, sooner than those of the old hen. This difference is very remarkable in so short a period of incubation. He infers from this and other circumstances that the duration of the gestative period is far more definite than has hitherto been supposed, and that where the circumstances are similar, the result as to the length of term is

very nearly the same. In maintaining that utero-gestation is definite and regulated by age, the age is not to be calculated by that of the mother alone, but by the combined ages of both parents.

The annexed table and many of the subjects treated of in this division of the book are entirely new and have never as yet been treated of in any books published in this country, and will be of the utmost importance and practical utility to every mother, especially young mothers and newly married women.

There is a vast amount of counsel and advice imparted here, as well as many simple remedies given, for which women do not always want to go to a physician. Besides, through delicacy and modesty, they often let many of such afflictions run too long, and, in an economical point of view, it is important, for there is always more or less information necessary and desired on these subjects, for which people do not always like to incur the expense of calling a physician or counselling with one; and, again, in these articles they have, as a general rule, more complete and full instructions than a physician would take the time to give them.

[SEE TABLE ON OPPOSITE PAGE.]

CALENDAR, BY WHICH ANY PREGNANT WOMAN MAY CALCULATE ALMOST THE EXACT TIME OF HER DELIVERY,
GIVING THE THREE PERIODS OF GESTATION.

Concep.	Quick.	Labor.	Concep.	Quick.	Labor.
Jan. 1	May 20	Oct. 8	Feb. 22	July 11	Nov. 29
.. 2	.. 21	.. 9	.. 23	.. 12	.. 30
.. 3	.. 22	.. 10	.. 24	.. 13	Dec. 1
.. 4	.. 23	.. 11	.. 25	.. 14	.. 2
.. 5	.. 24	.. 12	.. 26	.. 15	.. 3
.. 6	.. 25	.. 13	.. 27	.. 16	.. 4
.. 7	.. 26	.. 14	.. 28	.. 17	.. 5
.. 8	.. 27	.. 15	March 1	.. 18	.. 6
.. 9	.. 28	.. 16	.. 2	.. 19	.. 7
.. 10	.. 29	.. 17	.. 3	.. 20	.. 8
.. 11	.. 30	.. 18	.. 4	.. 21	.. 9
.. 12	.. 31	.. 19	.. 5	.. 22	.. 10
.. 13	June 1	.. 20	.. 6	.. 23	.. 11
.. 14	.. 2	.. 21	.. 7	.. 24	.. 12
.. 15	.. 3	.. 22	.. 8	.. 25	.. 13
.. 16	.. 4	.. 23	.. 9	.. 26	.. 14
.. 17	.. 5	.. 24	.. 10	.. 27	.. 15
.. 18	.. 6	.. 25	.. 11	.. 28	.. 16
.. 19	.. 7	.. 26	.. 12	.. 29	.. 17
.. 20	.. 8	.. 27	.. 13	.. 30	.. 18
.. 21	.. 9	.. 28	.. 14	.. 31	.. 19
.. 22	.. 10	.. 29	.. 15	Aug. 1	.. 20
.. 23	.. 11	.. 30	.. 16	.. 2	.. 21
.. 24	.. 12	.. 31	.. 17	.. 3	.. 22
.. 25	.. 13	Nov. 1	.. 18	.. 4	.. 23
.. 26	.. 14	.. 2	.. 19	.. 5	.. 24
.. 27	.. 15	.. 3	.. 20	.. 6	.. 25
.. 28	.. 16	.. 4	.. 21	.. 7	.. 26
.. 29	.. 17	.. 5	.. 22	.. 8	.. 27
.. 30	.. 18	.. 6	.. 23	.. 9	.. 28
.. 31	.. 19	.. 7	.. 24	.. 10	.. 29
Feb. 1	.. 20	.. 8	.. 25	.. 11	.. 30
.. 2	.. 21	.. 9	.. 26	.. 12	.. 31
.. 3	.. 22	.. 10	.. 27	.. 13	Jan. 1
.. 4	.. 23	.. 11	.. 28	.. 14	.. 2
.. 5	.. 24	.. 12	.. 29	.. 15	.. 3
.. 6	.. 25	.. 13	.. 30	.. 16	.. 4
.. 7	.. 26	.. 14	.. 31	.. 17	.. 5
.. 8	.. 27	.. 15	April 1	.. 18	.. 6
.. 9	.. 28	.. 16	.. 2	.. 19	.. 7
.. 10	.. 29	.. 17	.. 3	.. 20	.. 8
.. 11	.. 30	.. 18	.. 4	.. 21	.. 9
.. 12	July 1	.. 19	.. 5	.. 22	.. 10
.. 13	.. 2	.. 20	.. 6	.. 23	.. 11
.. 14	.. 3	.. 21	.. 7	.. 24	.. 12
.. 15	.. 4	.. 22	.. 8	.. 25	.. 13
.. 16	.. 5	.. 23	.. 9	.. 26	.. 14
.. 17	.. 6	.. 24	.. 10	.. 27	.. 15
.. 18	.. 7	.. 25	.. 11	.. 28	.. 16
.. 19	.. 8	.. 26	.. 12	.. 29	.. 17
.. 20	.. 9	.. 27	.. 13	.. 30	.. 18
.. 21	.. 10	.. 28	.. 14	.. 31	.. 19

Concep.	Quick.	Labor.	Concep.	Quick.	Labor.
April 15	Sept. 1	Jan. 20	June 10	Oct. 27	Mar 17
.. 16	.. 2	.. 21	.. 11	.. 28	.. 18
.. 17	.. 3	.. 22	.. 12	.. 29	.. 19
.. 18	.. 4	.. 23	.. 13	.. 30	.. 20
.. 19	.. 5	.. 24	.. 14	.. 31	.. 21
.. 20	.. 6	.. 25	.. 15	Nov. 1	.. 22
.. 21	.. 7	.. 26	.. 16	.. 2	.. 23
.. 22	.. 8	.. 27	.. 17	.. 3	.. 24
.. 23	.. 9	.. 28	.. 18	.. 4	.. 25
.. 24	.. 10	.. 29	.. 19	.. 5	.. 26
.. 25	.. 11	.. 30	.. 20	.. 6	.. 27
.. 26	.. 12	.. 31	.. 21	.. 7	.. 28
.. 27	.. 13	Feb. 1	.. 22	.. 8	.. 29
.. 28	.. 14	.. 2	.. 23	.. 9	.. 30
.. 29	.. 15	.. 3	.. 24	.. 10	.. 31
.. 30	.. 16	.. 4	.. 25	.. 11	April 1
May 1	.. 17	.. 5	.. 26	.. 12	.. 2
.. 2	.. 18	.. 6	.. 27	.. 13	.. 3
.. 3	.. 19	.. 7	.. 28	.. 14	.. 4
.. 4	.. 20	.. 8	.. 29	.. 15	.. 5
.. 5	.. 21	.. 9	.. 30	.. 16	.. 6
.. 6	.. 22	.. 10	July 1	.. 17	.. 7
.. 7	.. 23	.. 11	.. 2	.. 18	.. 8
.. 8	.. 24	.. 12	.. 3	.. 19	.. 9
.. 9	.. 25	.. 13	.. 4	.. 20	.. 10
.. 10	.. 26	.. 14	.. 5	.. 21	.. 11
.. 11	.. 27	.. 15	.. 6	.. 22	.. 12
.. 12	.. 28	.. 16	.. 7	.. 23	.. 13
.. 13	.. 29	.. 17	.. 8	.. 24	.. 14
.. 14	.. 30	.. 18	.. 9	.. 25	.. 15
.. 15	Oct. 1	.. 19	.. 10	.. 26	.. 16
.. 16	.. 2	.. 20	.. 11	.. 27	.. 17
.. 17	.. 3	.. 21	.. 12	.. 28	.. 18
.. 18	.. 4	.. 22	.. 13	.. 29	.. 19
.. 19	.. 5	.. 23	.. 14	.. 30	.. 20
.. 20	.. 6	.. 24	.. 15	Dec. 1	.. 21
.. 21	.. 7	.. 25	.. 16	.. 2	.. 22
.. 22	.. 8	.. 26	.. 17	.. 3	.. 23
.. 23	.. 9	.. 27	.. 18	.. 4	.. 24
.. 24	.. 10	.. 28	.. 19	.. 5	.. 25
.. 25	.. 11	March 1	.. 20	.. 6	.. 26
.. 26	.. 12	.. 2	.. 21	.. 7	.. 27
.. 27	.. 13	.. 3	.. 22	.. 8	.. 28
.. 28	.. 14	.. 4	.. 23	.. 9	.. 29
.. 29	.. 15	.. 5	.. 24	.. 10	.. 30
.. 30	.. 16	.. 6	.. 25	.. 11	May 1
.. 31	.. 17	.. 7	.. 26	.. 12	.. 2
June 1	.. 18	.. 8	.. 27	.. 13	.. 3
.. 2	.. 19	.. 9	.. 28	.. 14	.. 4
.. 3	.. 20	.. 10	.. 29	.. 15	.. 5
.. 4	.. 21	.. 11	.. 30	.. 16	.. 6
.. 5	.. 22	.. 12	.. 31	.. 17	.. 7
.. 6	.. 23	.. 13	Aug. 1	.. 18	.. 8
.. 7	.. 24	.. 14	.. 2	.. 19	.. 9
.. 8	.. 25	.. 15	.. 3	.. 20	.. 10
.. 9	.. 26	.. 16	.. 4	.. 21	.. 11

Concep.	Quick.	Labor.	Concep.	Quick.	Labor.
Aug. 5	Dec. 22	May 12	Sept. 30	Feb. 16	July 7
.. 6	.. 23	.. 13	Oct. 1	.. 17	.. 8
.. 7	.. 24	.. 14	.. 2	.. 18	.. 9
.. 8	.. 25	.. 15	.. 3	.. 19	.. 10
.. 9	.. 26	.. 16	.. 4	.. 20	.. 11
.. 10	.. 27	.. 17	.. 5	.. 21	.. 12
.. 11	.. 28	.. 18	.. 6	.. 22	.. 13
.. 12	.. 29	.. 19	.. 7	.. 23	.. 14
.. 13	.. 30	.. 20	.. 8	.. 24	.. 15
.. 14	.. 31	.. 21	.. 9	.. 25	.. 16
.. 15	Jan. 1	.. 22	.. 10	.. 26	.. 17
.. 16	.. 2	.. 23	.. 11	.. 27	.. 18
.. 17	.. 3	.. 24	.. 12	.. 28	.. 19
.. 18	.. 4	.. 25	.. 13	Mar. 1	.. 20
.. 19	.. 5	.. 26	.. 14	.. 2	.. 21
.. 20	.. 6	.. 27	.. 15	.. 3	.. 22
.. 21	.. 7	.. 28	.. 16	.. 4	.. 23
.. 22	.. 8	.. 29	.. 17	.. 5	.. 24
.. 23	.. 9	.. 30	.. 18	.. 6	.. 25
.. 24	.. 10	.. 31	.. 19	.. 7	.. 26
.. 25	.. 11	June 1	.. 20	.. 8	.. 27
.. 26	.. 12	.. 2	.. 21	.. 9	.. 28
.. 27	.. 13	.. 3	.. 22	.. 10	.. 29
.. 28	.. 14	.. 4	.. 23	.. 11	.. 30
.. 29	.. 15	.. 5	.. 24	.. 12	.. 31
.. 30	.. 16	.. 6	.. 25	.. 13	Aug. 1
.. 31	.. 17	.. 7	.. 26	.. 14	.. 2
Sept. 1	.. 18	.. 8	.. 27	.. 15	.. 3
.. 2	.. 19	.. 9	.. 28	.. 16	.. 4
.. 3	.. 20	.. 10	.. 29	.. 17	.. 5
.. 4	.. 21	.. 11	.. 30	.. 18	.. 6
.. 5	.. 22	.. 12	.. 31	.. 19	.. 7
.. 6	.. 23	.. 13	Nov. 1	.. 20	.. 8
.. 7	.. 24	.. 14	.. 2	.. 21	.. 9
.. 8	.. 25	.. 15	.. 3	.. 22	.. 10
.. 9	.. 26	.. 16	.. 4	.. 23	.. 11
.. 10	.. 27	.. 17	.. 5	.. 24	.. 12
.. 11	.. 28	.. 18	.. 6	.. 25	.. 13
.. 12	.. 29	.. 19	.. 7	.. 26	.. 14
.. 13	.. 30	.. 20	.. 8	.. 27	.. 15
.. 14	.. 31	.. 21	.. 9	.. 28	.. 16
.. 15	Feb. 1	.. 22	.. 10	.. 29	.. 17
.. 16	.. 2	.. 23	.. 11	.. 30	.. 18
.. 17	.. 3	.. 24	.. 12	.. 31	.. 19
.. 18	.. 4	.. 25	.. 13	April 1	.. 20
.. 19	.. 5	.. 26	.. 14	.. 2	.. 21
.. 20	.. 6	.. 27	.. 15	.. 3	.. 22
.. 21	.. 7	.. 28	.. 16	.. 4	.. 23
.. 22	.. 8	.. 29	.. 17	.. 5	.. 24
.. 23	.. 9	.. 30	.. 18	.. 6	.. 25
.. 24	.. 10	July 1	.. 19	.. 7	.. 26
.. 25	.. 11	.. 2	.. 20	.. 8	.. 27
.. 26	.. 12	.. 3	.. 21	.. 9	.. 28
.. 27	.. 13	.. 4	.. 22	.. 10	.. 29
.. 28	.. 14	.. 5	.. 23	.. 11	.. 30
.. 29	.. 15	.. 6	.. 24	.. 12	.. 31

Concep.	Quick.	Labor.	Concep.	Quick.	Labor.
Nov. 25	April 13	Sept. 1	Dec. 14	May 2	Sept. 20
.. 26	.. 14	.. 2	.. 15	.. 3	.. 21
.. 27	.. 15	.. 3	.. 16	.. 4	.. 22
.. 28	.. 16	.. 4	.. 17	.. 5	.. 23
.. 29	.. 17	.. 5	.. 18	.. 6	.. 24
.. 30	.. 18	.. 6	.. 19	.. 7	.. 25
Dec. 1	.. 19	.. 7	.. 20	.. 8	.. 26
.. 2	.. 20	.. 8	.. 21	.. 9	.. 27
.. 3	.. 21	.. 9	.. 22	.. 10	.. 28
.. 4	.. 22	.. 10	.. 23	.. 11	.. 29
.. 5	.. 23	.. 11	.. 24	.. 12	30
.. 6	.. 24	.. 12	.. 25	.. 13	Oct. 1
.. 7	.. 25	.. 13	.. 26	.. 14	.. 2
.. 8	.. 26	.. 14	.. 27	.. 15	.. 3
.. 9	.. 27	.. 15	.. 28	.. 16	.. 4
.. 10	.. 28	.. 16	.. 29	.. 17	.. 5
.. 11	.. 29	.. 17	.. 30	.. 18	.. 6
.. 12	.. 30	.. 18	.. 31	.. 19	.. 7
.. 13	May 1	.. 19			

DIFFICULT LABOR.

Influence of Artificial Habits—Many of the sufferings attendant upon parturition, or labor, arise from those habits of life which it is the object of this article to expose and to guard against, such as—diet of an improper quality or quantity; the use of stimulating beverages; want of sufficient pure air and healthy exercise; tight lacing; late hours; and other injurious habits. Healthy women, of regular habits, accustomed to out-of-door exercise, and whose general mode of life is natural, are freed from the long train of miseries which are the too frequent concomitants of child-bearing.

Obstructive Causes—At the same time causes of difficult labor may exist of a more remote nature, and less directly referable to the habits of the patient. Such are—contraction and deformity of the bones of the pelvis, from rickets, or from a similar disease in adult life; obstruction from tumors, dropsy, the large size of the child, or from a hydrocephalic head; wrong presentation, etc. The management of these cases requires professional knowledge and skill.

Simpler causes of difficult or tedious labors are—a distended bladder; accumulation in the lower bowel; or indigestion from a too full meal, or from food that disagrees, taken just before labor sets in. Prompt treatment suffices at once to remove these obstacles to the progress of labor.

PREPARATIONS FOR LABOR.

The Monthly Nurse—She should be a middle-aged, married woman, or a widow; of temperate, kind and

cleanly habits; and free from any defect of sight or hearing. In every respect she should be subordinate to the medical attendant, and faithfully carry out his directions, both as to the mother and infant, for he alone is responsible.

The Lying-in Room—If practicable, a spacious, well ventilated room, having a southern aspect, should be selected. Provision should exist both for the admission of fresh air and the escape of tainted air. Renewal of the air is generally best secured by occasionally leaving the door ajar, having the fireplace open, and the top sash of the window more or less down, according to the season. Fresh air wonderfully helps a lady to go through the process of parturition. In cold weather a fire may be kept in the room, but neither the mother nor infant should be exposed to its direct influence.

Who Should be in the Lying-in Room—In addition to the medical man and the nurse, one or two female friends may likewise be present in the chamber; they should be prudent, *cheerful* persons. Remarks calculated to depress the patient, especially any referring to unfavorable labors, are strictly improper. If convenient, the mother of the patient may be in the house, or within a short distance, the knowledge of such fact tending to comfort the patient. But she should not be in the lying-in chamber, as maternal anxiety is occasionally very embarrassing there. There are, however, exceptions to this rule.

Minor Preparations—All articles of clothing necessary for the mother and infant should be well aired, ready for immediate use, and so arranged that they may be found in an instant. A little fresh, unsalted lard; about twelve inches' length of nice twine, or four or five threads; a pair of blunt-ended scissors; a few patent or safety

pins; and the binder or bandage. Also a piece of water-proof sheeting, or strong oiled silk, or even a common oil-cloth table-cover, should be placed under the blanket and sheet over the *right* side of the bed, to protect it from being injured by the discharges.

Attention to the Bowels—Attention to the action of the bowels is necessary. Generally the bowels are somewhat relaxed—a wise provision of nature, for by thoroughly emptying the bowel more space is gained for the birth of the child. Should, however, the bowels be confined, an injection of from one to two pints of tepid water will be sufficient to empty the intestines, and is far preferable to the common but reprehensible practice of taking *castor-oil*, or any other aperient drug. Ample experience leads us emphatically to denounce the practice of giving purgatives, as both unnecessary and hurtful. A good injection of water as soon as labor has set in, especially when the lady is costive, will not only facilitate the birth of the child, but obviate the unpleasant occurrence of an escape of feces during parturition. If there is a considerable collection of hardened feces, a warm soap-and-water injection may be necessary.

The Bladder—During labor, a lady should never neglect to pass water as often as necessary. The proximity of the bladder to the womb renders it most undesirable that the former should be distended with urine, as nature requires the utmost available space for the passage of the child. Besides, the powerful action of the womb at the commencement of labor may, if the bladder is distended with urine, press it down into the vagina, thus injuring the bladder and retarding labor. This caution is especially necessary in first labors, when, from a refined sensibility, ladies are apt to suffer much inconvenience from inattention to this point. If the bladder

is full, and there is inability to pass water, the measures suggested in the section on "Retention of Urine" should be adopted, or, better, the doctor should be informed of the fact. The importance of attention to the state of the bladder during and immediately after labor can scarcely be over-rated.

Position of the Patient—During the precursory stage of labor she should not confine herself to bed—not even to her own bedroom, unless she desires it—but walk about a little; a certain amount of unrest leads her from place to place, and it would be most undesirable to confine her to her bed. A change of position is a good preventive or remedy for *cramp* of the legs and thighs, which occasionally comes on, more especially when she is restricted to one position.

SYMPTOMS AND STAGES OF LABOR.

Symptoms of Labor—The earliest is a diminution of the waist, from sinking of the child lower down in the abdomen. This subsidence of the womb gives the lady a feeling of lightness and comfort; pressure on the chest being removed, she breathes more freely and is better able to take exercise. But occasionally this alteration in the position of the womb leads to irritability of the bladder by its pressure on that organ, giving rise to a frequent desire to urinate. After this symptom has existed for a few days, or even in some cases only a few hours, the more immediate symptoms of labor occur;

these are—agitation, dejection of spirits, flying pains, frequent inclination to relieve the bladder and the bowels, relaxation of the external parts, and a slight discharge of mucus tinged with red, technically called the “show.” This latter is the most certain indication that labor has really commenced.

At this stage, sometimes *shivering* and *sickness* come on; but as they are not unfavorable symptoms, they require no particular treatment, certainly *not brandy*, for their removal.

Stages of Labor—Labor has been divided into three stages. The *first*, in which the uterus alone acts, commences with uterine contractions, the pains being of a *grinding* character; the *os uteri* (mouth of the womb) gradually dilates until it is sufficiently capacious to admit the passage of the head of the child. In this stage it is not necessary for the lady to confine herself to bed; she is better walking about the room, occasionally lying down when a pain comes on. She should not on any account bear down, as some ignorant nurses advise; for before the mouth of the womb is sufficiently dilated, the child could not be born, except by *rupture* of the womb.

The *second* stage of labor is indicated by the pains being of a *forcing, bearing-down* nature; the abdominal muscles and the diaphragm assist the action of the womb, acting in an involuntary and reflex manner; this stage terminates with the birth of the child. In this stage the lady should remain on the bed. Even now she should make no voluntary efforts to bear down, especially in the absence of pain; she should keep her eyes closed, to prevent injury to them during the irresistible straining which attends the expulsive pains.

The *third* stage includes the expulsion of the after-birth, which generally takes place in about fifteen or twenty minutes, or it may be a little longer, after the birth of the child.

Length of Labor—It has been laid down as a general rule, that a first labor continues six hours, and a subsequent one three hours. This calculation dates from the commencement of *actual labor*; if the premonitory flying-pains are included, the time would probably be doubled. The *first* labor of a lady who marries beyond the age of thirty usually occupies a longer time than one who marries a few years earlier.

Tedious Labor—Here we may remark that *tedious* labors are, as a rule, natural, and by no means necessarily dangerous; on the contrary, a lady usually makes a more rapid and perfect recovery after a slow than after a quick labor. Sometimes the largeness of head of the child, or the narrowness of the outlet of the mother, is a cause of tedious labor; in such cases the head has literally to be moulded to the proper proportions before it can be born, and this process necessarily causes delay. But, except in preternatural cases, which must be conducted according to the knowledge and skill of the professional man, medicinal or manual interference is rarely necessary; time, patience and good management only being required to bring a natural labor to a successful issue.

Some time since, we attended a lady in her confinement, whose previous labors were so difficult and tedious that the medical man engaged had always found it necessary to call in the aid of a second professional attendant. On being summoned to the labor we administered, soon after arrival, three grains of *Caulophyllum* (Blue Cohosh) (1x trit.), which acted most satisfactorily; the pains

became regular and effective, the labor was soon completed, and our attendance did not extend over two hours. Her previous labors always lasted twenty-four to thirty-six hours. To show how satisfactory in all respects was the present labor, the husband insisted on giving the writer a double fee, as in preceding labors he had been called upon to do by the attendance of a second medical man.

Accessory Means—When the pains are flagging, friction, with moderate, well directed pressure over the abdomen often stimulates the womb to increased activity. The pressure should be exerted until the placenta is detached.

HOW TO ACT IN THE ABSENCE OF A MEDICAL MAN.

Some labors are managed entirely by nurses who have had some preliminary training, but ladies generally prefer a qualified medical man, in whose care, firmness and superior ability they have greater confidence. Inasmuch, however, as labor sometimes comes on earlier than was anticipated, or its stages are gone through so rapidly as not to give sufficient time for the attendance of a medical man, it is desirable to know how to act till he arrives. Calmness, judgment, self-possession and attention to the following points, are generally all that is necessary in ordinary cases for the safety and comfort of the lady and infant, at least until the arrival of the doctor.

Birth before the Doctor's Arrival—If, when the

head is born, the face get black, the exit of the shoulders should be aided by slight traction, by means of the index finger inserted in the *axilla* (arm-pit); but on no account should the head be pulled, for dislocation of the neck might result. After this the remaining exit of the body and *nates* should not be hurried.

When the child is born, the nurse should at once remove it out of the way of the mother's discharges, place it where it has room to breathe, and see that the mouth is not covered with clothes. The mouth should also be examined, and any mucus in it removed. At the same time it is very important to notice whether a coil of the *funis* (navel-string) be tight round the infant's neck; and if so, to instantly liberate it to prevent strangulation. If there are two or three coils, they should be loosened a little to allow the child to breathe.

To Tie the Umbilical Cord—The ligature—a piece of twine or four or five threads—should be placed about two inches from the body of the infant, and *tied firmly* by a double knot round the umbilical cord; two or three inches further from the body of the child a second ligature has to be similarly applied, and the cord then cut between the two ligatures with a pair of blunt-pointed scissors. The cord should not be ligatured or tied till the child has given signs of life by its cries or vigorous breathing, or until all pulsation in the cord has ceased.

The Placenta—The umbilical cord having been ligatured and divided, no attempt should be made, by pulling at it or otherwise, to remove the *placenta* (after-birth). The only justifiable interference is firm pressure and occasional friction over the region of the womb, which tends to encourage contraction of that organ, by which means detachment and expulsion of the placenta is effected. We may judge whether the placenta is detached by examin-

ing over the lower part of the abdomen; and if the womb is felt contracting and hard like a cricket-ball, the placenta is detached.

There is one very decided way of knowing when the placenta or after-birth is detached; it is as follows: Grasp the cord in the hand and squeeze it; if pulsation is felt, separation is not complete. For this purpose one finger is not enough: the thrill is best felt through all. If the placenta be not expelled, it is in the vagina (*passage to the womb*); two fingers may then be passed up to the insertion of the cord, where the placenta may be grasped and brought away steadily and evenly, with a *spiral or twisting movement*, but without using force. The spiral movement tends to overcome the pressure of the atmosphere, and also winds the membranes into a kind of rope so that they are less likely to be torn. It is by no means necessary to wait for a griping pain or two to effect the expulsion of the after-birth. Indeed, the removal is better effected before the griping pains come on.

Application of the Binder—The binder may be made of strong linen or sheeting, about twelve inches wide and a yard and a half long, so as to include the whole of the abdomen and overlap a little. It should be applied moderately firm, secured by patent or safety pins, and readjusted as soon as it becomes loose. The binder is useful in two respects: it favors contraction of the womb, and thus tends to obviate hemorrhage; it also aids the return of the abdomen to its former size, and prevents the condition called “pendulous belly.” The binder should be kept on for a week or ten days. It is only proper to add that medical men are not agreed as to the necessity of the binder, for while some always apply it, others discard it entirely. As, however, it can

scarcely do harm if properly applied, and may prevent hemorrhage or uterine displacement, we recommend its application before the patient is left.

Immediately after Labor—The first few hours after the birth of the child should be essentially hours of repose. For an hour, at least, the patient should maintain the same posture as during labor, and be no more disturbed than is necessary to apply the binder, remove the soiled napkins, and render her as comfortable as the circumstances will permit. She may not on any account make the slightest exertion herself, or hemorrhage is very liable to occur. One or two hours after labor the tendency to hemorrhage is much reduced. A cup of *hot* tea, or a little warm arrow-root or gruel may be given her, but, except in extreme cases, or under the advice of a medical man, *no brandy or other stimulant should be permitted*. If the patient desires to urinate soon after labor, she should do so in a lying posture, but on no account sit up for that purpose, as dangerous hemorrhage might thus be occasioned. By good management and quietude for two or three hours, a little sound and refreshing sleep is usually obtained, and her exhausted energies are soon renewed. After this, should no untoward circumstance forbid, she may be changed and placed in bed, preserving the horizontal posture. As soon as the infant is dressed and the mother made comfortable, the child should be presented to the breast. By this means the nipple is most likely to assume the proper form, the flow of milk is facilitated, and the activity thus excited in the breasts tends, by reflex action, to promote vigorous uterine contraction, and considerably reduces the danger of secondary hemorrhage. As suggested in the article on "Flooding," the nurse should examine the napkins very frequently at first, to ascertain if there

be any undue hemorrhage. The labor being thus completed, the window-blind should be let down, noise shut out, conversation forbidden and everything done to induce the patient to sleep, at the same time making due provision for good ventilation. As soon as the child is washed and dressed, the nurse only should remain in the room.

Arnica—In order to anticipate and prevent soreness as much as possible, it is well to administer *arnica* internally, especially when the labor has been a hard and protracted one. To be given every hour or two for three or four times. When the after-birth has been expelled, *arnica* may also be applied externally to the parts by wetting a napkin with *arnica-lotion* (twenty drops of the tincture to a tumblerful of water), renewing the application as often as may be required. If the patient be liable to erysipelas, *hamamelis* (*Witch-Hazel*) *lotion* should be used in preference.

MANAGEMENT AFTER DELIVERY.

Diet—Errors on this point have arisen from parturition having been regarded as a disease, rather than a physiological condition. Labor is a process of health, and under ordinary, favorable circumstances there is no fever or febrile reaction, or any danger of inflammation; why then should a lady be restricted to gruel or low diet for a week? Indeed, under a low diet inflammatory symptoms are liable to be called into existence, and bad matters are more readily absorbed by the uterine vessels.

A good diet is the best preventive against inflammation. The diet we invariably give is nourishing, digestible, solid food from the very commencement; and we have never seen any untoward results. On the contrary, many ladies formerly under the care of doctors who gave only a slop-diet, have expressed to us their thankfulness for the earlier and more complete restoration to their former condition, and their exemption from debility and other evils inseparable from a low diet. When a patient is delivered in the night or early morning, and there are no unfavorable symptoms, we allow a mutton-chop for dinner on the first day; for other meals, well-made oatmeal-porridge, cocoa or tea, cold-buttered toast or bread and butter, a breakfast-cupful of arrow-root or gruel, light farinaceous puddings, etc.

A too exclusive use of gruel and other slops is apt to distend the stomach, produce constipation and retard the necessary changes in the womb.

FLOODING.

This is one of the most frequent, and at the same time the most serious of the accidents which complicate the expulsion of the after-birth. The hemorrhage generally comes on with a rush a few minutes after the child is born, and before the placenta is expelled; occasionally it does not come on for several hours, or in rare cases even for several days.

Symptoms—The blood usually appears externally, which the physician or nurse instantly recognizies, and is

sometimes so sudden and abundant as to place the lady in great danger; at other times the discharge is confined to the cavity of the womb, where it may escape detection, or be only recognized when it is difficult or impossible to remedy it. *Paleness of the face, small pulse, dimness of vision, noise in the head and fainting* are symptoms which accompany dangerous hemorrhage, whether the discharge be internal or external.

Remedies—1. Take oil of cinnamon, one teaspoonful; alcohol, four tablespoonfuls. Mix. Dose, half a teaspoonful, every fifteen to sixty minutes, according to the urgency of the symptoms. Essence of cinnamon, as obtained at drug-stores, may be substituted for the oil, and in like doses. This will almost invariably arrest the flow. In the absence of this remedy, use equal parts of alum and nutmeg, as much as will lie on a ten-cent piece, and repeat the dose as above.

2. If the feet are cold apply hot irons to them, but keep the body cool. In very severe cases, when it is of great importance to check the discharge speedily, plug the vagina with soft, cotton cloth, or an old silk handkerchief or linen, with which it must be well closed, keeping them in this situation by means of a compress and bandage. In the course of six or seven hours, this plug must be removed; but in *no* case must it remain in the vagina longer than twenty-four hours. It must be recollected that it is exceedingly improper to employ the plug, except during the first five months of pregnancy; if used after this period, it will give rise to what is called a “concealed hemorrhage,” in which the flooding continues, but does not appear externally, owing to the presence of the plug, which obstructs its flow.

3. When the foregoing remedies are not at hand, add one-fourth of an ounce of alum to a pint of warm milk,

and take a tablespoonful every half-hour or hour, as the necessity of the case may demand.

4. Take one part of charcoal, well powdered, and six parts of powdered white sugar; that is, in the proportion of one teaspoonful of charcoal to six of sugar, and rub them together thoroughly. In the absence of a druggist's mortar, in which to prepare or rub them, spend twenty or thirty minutes in grinding and mixing them together with a case-knife, on a table or some smooth surface. Then, of this, divide one teaspoonful into four equal parts, and give one of these parts for a dose, and repeat every hour. This is a new remedy for flooding, and so simple that it might be rejected on that account. Yet it is invaluable for this purpose, as its use will amply demonstrate.

5. Another new remedy is a powder, called bebeerine, which will have to be procured at the drug-stores. Dose, one-half a grain three times a day.

Prof. I. J. M. Goss says, "It acts with more promptness than any other article in the the *Materia Medica*."

6. In the absence of the above remedies, use a tea, of witch-hazel or of beth-root, or of both combined, when they can be procured. They are old remedies, but nevertheless very good ones.

Accessory Treatment—As soon as the hemorrhage occurs, seize upon the soft womb through the walls of the abdomen, and constantly press upon it and knead it, as it were, for a long time, or until it feels like a ball. Knead and press deeply upon the parts just above the bone at the lower part of the belly, whether the womb can be distinguished at first or not. At the same time napkins, saturated with cold water, should be placed on the external parts. Small lumps of ice, when they are obtainable, may be introduced into the vagina or pushed up the rectum, to arrest hemorrhage; at the same time, small

pieces of ice, in considerable quantities, should be frequently *swallowed*. The internal and external employment of ice in this manner will rarely fail to effect early and vigorous contraction of the womb. The patient should remain quite still, the hips being a little elevated, and the pillow removed from her head. The application of the child to the breast is also useful, as it tends to excite uterine contraction. The patient should be lightly covered, the room kept cool and a free circulation of air promoted. If the discharge has been alarming, and the patient appears on the point of death, she should have *brandy*, but slightly diluted with water, in small quantities, at frequent intervals. In this form it is the best stimulus to the heart, and less likely to excite sickness. Beef-tea or *Liebig's* extract of meat should be given in small, but in frequent quantities.

After flooding, the patient is generally inclined to sleep. This tendency should not be interrupted too soon, as it wonderfully recruits the exhausted powers. The patient must not, however, be left alone, and frequent examinations should be made by the attendant. If the patient sleeps, do not awake her unless symptoms of flooding come on, as suspected by the bloodless appearance of the face and indistinct, rapid pulse. The room should be kept dark, not too warm, and fresh air should be admitted, being careful not to have it pass over or upon the patient. Visitors, whisperings or loud talking, etc., must, on no account, be allowed; the patient should be kept still, free from noise and not allowed to talk or make the least exertion. At first, the diet should consist of light, nutritious fluids, as cold gruel, cold, boiled milk, chicken-broth, arrow-root, beef-tea, custard, calf's foot jelly, cold drinks, such as lemonade, cream of tatar or tamarinds and water, or cold water, or a few drops of elixir vitriol

in a tumblerful of water. If the woman is of a weakly constitution, teas or infusions of cinnamon, or any other spices may be given with great benefit.

Preventive Means — After delivery, the patient should remain in silence and enjoy the most absolute repose of mind and body for at least half an hour or an hour. A clean and well aired napkin should be applied to the vagina as soon after delivery as possible, and the nurse strictly enjoined to examine it at least every few minutes at first. In this way any excessive discharge will be easily detected. As before remarked, after the lapse of one or two hours, the danger of hemorrhage is much reduced.

Never be alarmed, as alarm increases the patient's danger. Act coolly and deliberately, as there is very rarely any danger if the directions in this article are strictly followed.

AFTER - PAINS.

Except after a *first* labor, women generally suffer from after-pains, the nature and intensity of which are much influenced by the character of the labor, and the constitutional peculiarities of the patient. After-pains are liable to increase with each succeeding labor, and unless proper treatment is adopted, the pains may be very excessive and prevent sleep. Much, however, may be done both in the way of preventing them and of moderating their violence.

Cause—*Uterine contraction*—After the birth of the child, and the detachment and expulsion of the after-

birth, muscular contractions are still necessary to close the now empty womb, and to reduce that organ to its natural size in the unimpregnated state. This is termed *involution*. After-pains are said to be often troublesome in women who have taken chloroform during labor. This, however, may be due to the severity of the pains, or the pains may seem greater because they were mitigated during labor. In the latter case, Dr. Ludlam recommends five drops of *chloroform* to be added to half a tumblerful of water, and a teaspoonful to be administered as often as the pains recur.

Remedies—1. Take a piece of the pith of prickly ash, of the size of the little finger. Steep it in half a pint of water for a few minutes, and give as soon as possible. This is said to produce immediate relief.

2. After-pains may usually be relieved by applying warm fomentations to the abdomen, composed of hops and vinegar.

3. A tea, made of the bark of the root of the *black haw*, is excellent and will relieve promptly.

4. In pains following protracted, hard labor, *arnica* is very effective. Add twenty drops of the strong tincture to a teacupful of warm water. Saturate a napkin with the lotion, and apply it warm to the lower part of the abdomen, and cover with dry flannel to prevent too rapid evaporation.

5. Also a tea, made of the *high-cranberry* bark, will generally control, or relieve them sufficiently.

6. A tea, made of equal parts of *pleurisy-root* and *red-raspberry* leaves, is often very effectual to remove this difficulty.

7. Hop-tea is also useful and will often afford relief and thus answer the purpose.

Various remedies are given for this affection, so that, if one of them is not at hand, another one may be.

ABORTION (Miscarriage).

When the expulsion of the fetus occurs in the early months of pregnancy it is termed *abortion*, or miscarriage; after about the seventh month, *premature birth*. In the former—abortion or miscarriage—the child is not *viable* (capable of an independent existence), in the latter—premature birth—it is. When abortion has once occurred, a predisposition to it is engendered in subsequent pregnancies, and especially at about the corresponding period; consequently, indiscretions and excesses are more likely to be fatal to natural delivery at this particular time than at any other. Abortion must be regarded as a serious evil; it not only deprives the mother of the product of her pregnancy, but often places her health, and even life in peril.

Symptoms—*Slight symptoms of miscarriage*—A feeling of indisposition to exertion, depression, weakness and uneasiness at the bottom of the back and at the lower part of the abdomen, and other symptoms resembling those which often precede menstruation.

Symptoms directly threatening miscarriage—Slight and increasing discharge of blood; cutting pains in the loins and abdomen, recurring in paroxysms, and with increasing intensity.

Miscarriage—Pains, at first slight and irregular, now become severe, and recur at regular intervals, with

bearing-down, watery discharges and expulsion of the fetus.

Causes—The *predisposing* causes are—feebleness of constitution; too slight an attachment of the embryo to the womb during the early part of pregnancy; profuse menstruation; too great *rigidity* of the walls of the womb, which opposes the due expansion of the organ; a relaxed condition of the uterus or of its neck; long-continued leucorrhœa; excessive sexual indulgence; acute diseases, particularly those of the uterus and abdominal viscera; exposure to malignant forms of disease—small-pox, scarlatina, diphtheria, etc.; want of sufficient healthy exercise; late hours, as in nursing the sick, especially if combined with anxiety and unrelieved by daily recreation in the open air.

The most frequent *exciting* causes are the following: *Over-reaching*, as in hanging a picture; falls and blows; taking a *false step* in going up or down stairs; lifting heavy weights; *long walks*; horseback-exercise, or riding in carriages over rough roads; climbing steep or difficult steps; dancing; excessive use of the sewing-machine; late hours; *tight garments*, especially such as exert undue compression upon the abdomen; indigestible food; acute diseases and inflammatory affections of the womb or adjacent organs; purgatives, especially such as operate directly upon the uterus; violent mental emotions, as care, anger, grief, fright, etc. Also all circumstances which immediately or remotely excite abnormal contractions of the uterus.

The causes just enumerated are not usually followed by miscarriage; indeed, muscular efforts, moderately and regularly performed, are favorable to gestation. The danger arises in women who ordinarily take but little exercise, either in or out of doors, but who under excitement

or the stimulus of unusual circumstances, do an amount or kind of work and perform feats which result in the mischief under consideration. Abortion, again, is more likely to arise from the above causes when a predisposition to it already exists, more especially at the end of the third month, or at the period corresponding to that at which it previously occurred. But the most powerful exciting cause is the recurrence of the time when, but for pregnancy, menstruation would have taken place, for at this period abortion is a hundred times more likely to occur than at any other time. To those who have aborted, therefore, the return of what would have been the monthly period is always a critical event.

Remedies—Any excessive flooding may be arrested by the application of wet cloths to the parts and over the lower part of the bowels; cold water or vinegar and water may be used. Internally, a mixture of five grains of powdered alum and one grain of grated nutmeg, may be given for a dose, repeating it every thirty or sixty minutes. The oil of fireweed is also valuable, and may be given in doses of five drops with sugar, repeating them every twenty minutes, or at longer intervals, depending upon the urgency of the case. In many cases of an approaching abortion, but little more will be demanded than a state of quietness in the horizontal posture, having the hips elevated higher than the head and using cold lemonade.

Should the symptoms still continue, notwithstanding these measures, make a large mustard-plaster, using one teaspoonful of ground mustard to three of flour, or anything suitable to mix it with; and of this, make the plaster with vinegar or water, and apply it across the back, just above the hips. Keep it on for hours, and

change it every three or four hours. This will not blister, but simply keep the part stimulated and warm.

The best known remedy is the black haw (*Viburnum Prunifolium*), made into a tea by steeping the bark of the root, and taking two teaspoonfuls every half-hour or hour, until the danger is passed. It can now be obtained at most drug-stores, in fluid extract, the dose being one-half teaspoonful, every one or two hours. This will check nineteen out of twenty cases of threatened abortion, as hereafter given, and carry them safely to the full term.

When the flooding is very profuse, and there is no doubt that the fetus will be expelled, the vagina may be plugged with pieces of linen or muslin, and well closed up, keeping them in this situation by means of a compress and bandage. In the course of six hours this plug must be removed; but it must not remain in the vagina longer than twenty-four hours. By this method, the flow of blood will frequently be checked. But it must be recollected, that it is exceedingly improper to employ the plug, except during the first five months of pregnancy; if used after this period, it will give rise to what is called a "concealed hemorrhage," in which the flooding continues, but does not appear externally, owing to the presence of the plug, which obstructs its flow.

Let all drinks be cold, and keep the room also cool. As a drink, give fifteen drops of elixir of vitriol, in a little water, five or six times daily, or lemonade; the first being the best. Keep on the mustard until all danger of abortion has ceased, which may be known by the flowing and pains having ceased. It requires from two to ten days to bring about the desired result.

The tincture of cinnamon, in this difficulty, is very valuable, to aid in checking the flow, and the tendency to

miscarriage. It should be given in half-teaspoonful doses, every ten or twenty minutes, according to the profusion of the discharge, each dose of which may be given in about half a wineglassful of water, sweetened with loaf-sugar.

Use the black haw in cases of *threatened* abortion. A decoction of the bark of the root should be used in doses of one or two tablespoonfuls (according to strength) two or three times a day. Some women are subject to miscarriage about the third or fourth month. Where this is the case, the use of this remedy should commence two or three weeks previous to the expected time, and should be continued for several weeks beyond. The decoction is also good to relieve after-pains during confinement.

The star-root (*Helonias Dioica*), sometimes called *unicorn root*, or *blazing star*, has been employed in threatened abortion with remarkably good success. The root is the part used. Dose, half a teacupful of the infusion, every hour. In urgent cases, it may be repeated oftener. If the powder is used, give fifteen to twenty grains at a dose, and repeat as above, until three or four doses are taken.

Points to be remembered: Keep perfectly quiet; never get out of bed, nor even sit up in bed, when there is flowing; do not be in too much haste to walk about your room; and do not try to lift any heavy articles, such as kettles, etc., for several weeks after you leave your bed.

Accessory Treatment—Immediately after a patient has had the least “show,” she should lie down in a cool, well ventilated room, on a sofa or hair-mattress, and maintain that position till all symptoms of miscarriage have disappeared. Merely resting the legs and feet is quite insufficient. In cases, however, in which miscarriage is

only apprehended, it is not necessary to restrict the patient wholly to the recumbent posture; gentle and moderate out of door exercise is necessary, as entire rest weakens the constitution and augments any existing predisposition. Sexual intercourse must be avoided; also coffee, tea and other kinds of hot drink that occasion flushings, excitement, etc.; also the circumstances tending to produce abortion, as detailed under "Causes."

After Miscarriage—When miscarriage has actually occurred, the immediate after-treatment should be the same as pointed out under "Labor." The patient should be kept in bed, and in every respect the same care observed as if she had gone through labor in due course. If the patient leaves her bed and goes about household duties before the womb has had sufficient rest and time to return to its unimpregnated size, displacement, falling of the womb and subsequent abortions are likely to occur. Abortion and miscarriage, more frequently than natural parturition, are followed by defective uterine involution; and this is because the menstrual discharge is brought on too soon by the resumption of the duties and pleasures of life. The uncontracted womb is thus likely to become permanently over-sensitive and congested, and this condition may merge into inflammation in weakly constituted women.

General Preventive Measures—Every attention should be directed towards maintaining as vigorous a state of constitution as possible. The diet should be good and liberal, but within the limits indicated in the article on "General Habits During Pregnancy." Open-air exercise should be taken for two or three hours a day, if it can be borne without fatigue. For the bed, a hair-mattress over a feather-bed is the most suitable; and cold or tepid sponging should be practiced twice or thrice a week.

Sometimes a *hip-bath* should be conjoined with the sponging. The patient should sit in the bath, about half filled with water, for three or four minutes. Whilst in the bath, the water should be dashed over the stomach and back, with the hand or by means of a sponge. After the bath, the body should be rubbed with a large towel or sheet until reaction is thoroughly established. When there are threatenings of miscarriage, the patient must *strictly confine herself to the recumbent posture*, even for weeks, should it be necessary; and, especially after miscarriage has taken place, must she retain that posture, as if pregnancy had gone on to full term. The uterus must have a period of rest, which is as necessary after miscarriage as after an ordinary labor. Especial care and rest are necessary whenever the monthly period comes round. If this last precaution were fully acted upon, it would suffice to break what is termed the *habit* of aborting. In some cases abortion can only be prevented by a separation of the husband and wife for some months, during which time efforts should be made to reduce the uterus to its natural size and condition. Together with rest of the body here recommended, a quiet and tranquil state of mind should, as far as possible, be maintained.

GATHERED, OR INFLAMED BREASTS—AGUE IN THE BREAST.

Causes—Exposure to cold, by not covering the breasts during nursing; sitting up in bed, uncovered, to nurse the child; too small, depressed or sore nipples, so that the breast becomes distended with milk, favoring inflam-

mation and suppuration; efforts of the child to suck when there is no milk in the breast; strong emotions; mechanical injuries; too prolonged nursing, the abscess not appearing until a late period—the tenth to the twelfth month. Too sudden weaning, by allowing a large accumulation of milk in the breasts, and deranging the general health by the *abruptness* of the new condition of things, is also an exciting cause. Tight-fitting stays, by compressing the glands, keep the breasts too hot, and derange the circulation in them, and act as predisposing causes.

Symptoms—When the inflammation occurs in the tissue behind the breast, and on which it is placed, the pain is severe, throbbing, deep-seated, and increased by moving the arm and shoulder; the breast becomes swollen, red and more prominent, being pushed forward by the abscess behind. Sometimes, but less frequently, the breast itself is involved, when the pain becomes very acute and cutting, the swelling very considerable, and there is much constitutional disturbance—quick, full pulse, hot skin, thirst, headache, sleeplessness, etc. This variety of gathered breast is preceded by *rigors* (shivering fits), followed by heat, and the case should be immediately placed under the care of a medical man, who may only then be able to arrest the further progress of the disease.

Remedies—Use, externally, the tops of poke-root, by first bruising and heating them, and apply in the form of a poultice. When it becomes dry, renew by a fresh one. It will relieve any case of swelled breasts. It is equally as good for “broken breasts.” The root, when roasted and applied, is as good, for this purpose, as the tops. In chronic cases, bathe the breasts with the tincture of this plant. This may be obtained at any

drug-store. Also, take the same internally, in five-drop doses, three times a day, until relieved.

2. Another good application is, to rub together thoroughly, camphor-gum and a little alcohol. To a teaspoonful of this, add a tablespoonful of sweet oil, and apply freely. This is not only valuable for swelled breast, but also for any kind of swelling, bruise or pain.

3. A very excellent application to a hard, tender and inflamed breast, is a cold solution of sal-ammoniac in vinegar, adding as much of this as the vinegar will dissolve. Apply on cloths, covering them with flannel.

4. Take, of

Hard soap..... 2 ounces.

Common salt..... 2 ounces.

New milk $\frac{1}{2}$ pint.

After shaving the soap fine, put the whole of the ingredients in a vessel, and simmer them slowly over the fire for a few minutes, and, while hot, stir in a tablespoonful of corn-meal, and continue to simmer it until it is of the proper consistence to spread on a cloth. The whole quantity should be used for one poultice, and should cover the whole breast. After being spread, the surface of the poultice should be greased and then applied to the breast as hot as can be borne.

Should these measures fail, at any time, to discuss or remove the swelling, and matter form, the suppuration may be hastened by an elm-poultice, or a bread-and-milk poultice, placed over the breast and renewed frequently. Or, if it can be obtained, fresh poke-root may be roasted until it is soft, then mashed, mixed with an equal quantity of powdered lobelia, and sufficient hot water added, which may be applied over the breast, renewing it three times a day. When the suppuration is completed, the severe pain will be materially diminished by opening the abscess with a probe or

lancet. The ulcer may be treated upon the same principle as explained under "Ulcers."

Accessory Treatment—Two or three hours after labor—sooner if there is much hemorrhage—the infant should be applied to the breast, but only about once in every four hours, until the supply of milk is uniformly secreted. The breasts should be supported by a broad handkerchief, or a net-work supporter, or by strips of adhesive plaster, nicely and uniformly applied, as their weight aggravates the patient's sufferings greatly; strips of plaster are also used to effect uniform compression of the glands, and thereby diminish their secretion. A linseed-poultice should be applied to the part; this will allay the pain, by relieving tension and causing perspiration.

The *camphorated oil* or spirits of camphor, followed by dry heat—as of an iron passed close to the breast—and then enveloping the breast in cotton should be used continuously, and renewed every twelve hours, as long as necessary. A solution of *camphor and glycerine*, applied over the gland by means of a flannel compress, is also a useful application. In extensive engorgement and induration, an opening is necessary, and should be made in the lowest situation as soon as matter is discovered. If the matter be not removed as soon as it can be felt, it will be diffused in various directions through the breast.

It is important to remember that this difficulty is a symptom which strongly points to *constitutional feebleness*, indicating the necessity for pure air, sunlight, suitable bathing and nourishing diet—lightly dressed eggs, tender, lean meat, oatmeal and *brown bread*. By eating the latter, the patient has the advantage of the *phosphorus* which is contained in the covering of the grain, but much of which is lost by the dressings which fine flour undergoes. The

mind must be kept free from domestic worry and all kinds of care.

The *preventive* treatment consists in relieving the breasts as soon as they are filled ; in keeping the patient warm, and in good diet.

Swelled Breasts of Infants—It often happens that the breasts of a child will become caked and swollen. I have never had to resort to any other treatment than the following: With strong spirits of camphor, wet a piece of brown paper, fold it together and lay it upon the breast or breasts, as the case may be. In forty-eight hours the cake and swelling will be gone.

CHILD-BED FEVER—MILK-FEVER (Puerperal Fever).

Causes—Instrumental or difficult labors ; fetid lochia ; decomposing fragments of retained placenta ; violent emotional disturbances ; contagion, or personal transmission of the poison from one patient to another by doctors and nurses. Other animal poisons, as that from erysipelas, scarlatina, typhus, and from the post-mortem or dissecting-room, are capable of exciting puerperal fever, as conveyed by the persons and dresses of the attendants of the patients, even after the exercise of great caution. The disease derives great importance both from its extreme danger and its frightfully *contagious* character.

Symptoms—This usually occurs shortly after delivery. There are pricking sensations in the breasts, which gradually swell and harden, accompanied by febrile action in

the system; and in some cases pains in the head, scanty urine, constipation, etc.

In *puerperal fever* there are, in addition to the above, rigors (*shivering fits*), pain and great tenderness over the region of the *womb*; *suppression of the milk* (if it has been secreted at all); also suppressed or scanty and *fetid* lochial discharge; there are severe pains in the head, flushed face, glistening eyes and sometimes delirium; *distention of the abdomen*; and, unless the disease is checked, typhoid or malignant symptoms rapidly supervene. This fever commonly occurs within a few days after childbirth; and it is remarkable that in most cases the patient loses all interest in the infant, and even expresses dislike to it and the husband.

Remedies—To control the fever and inflammation, give the following: Tincture of aconite, one teaspoonful; water, one-half pint; mix. Dose, a teaspoonful every hour, as long as there is any fever or inflammation. The bowels to be constantly fomented with hops and vinegar, or stramonium-leaves, or bags of hot tansy or smart-weed. To allay vomiting, use peppermint, anise or spearmint-water; or, perhaps, a draught of soda or seidlitz-water, with lemon-juice. A mustard-poultice, over the region of the stomach, will frequently be of service. Strong coffee, without sugar or milk, will, in some cases act almost like a charm.

The tincture of the muriate of iron, in doses of ten or twenty drops in a wineglassful of water, repeated every hour, will generally be found superior to every other remedy; especially if the disease be associated with erysipelas.

If the inflammation and soreness do not soon subside with this treatment, apply a poultice of hops and charcoal, and give plenty of hop-yeast and charcoal internally.

Accessory Treatment—Frequent small draughts of cold water should be given; this relieves the thirst and promotes perspiration. Barley, milk or strong beef-tea, between the doses of medicine, will help keep up the patient's strength. Hot water will relieve vomiting, but better still is a grain of sulpho-carbonate of soda dissolved in half a glassful of water; a teaspoonful every few hours. Perfect rest and quiet, with absence of all appearance of excitement or alarm in the attendant, are imperatively necessary. Occasional sponging of the body with tepid water is soothing, and if there is much abdominal swelling and tenderness, a dry, heated bran-poultice, in a bag, is the best local application. Repeated fomentations and bathing and injections of the vagina are valuable; indeed, if the parts were sponged with very warm water, three or four times a day, there would be fewer cases of this fever. The napkins should be frequently examined, and all foul discharge effectually cleansed away, and the room disinfected with *carbolic acid*. Indeed, when the discharges are offensive, it is well to inject up the vagina some warm water, to which a few drops of *carbolic acid* have been added. Dr. Mcleod states that he saved his own wife from a fatal termination of puerperal fever, after the physicians had expressed the opinion that she could not recover, by the injection of three drachms of Condry's fluid in a wash-basinful of water at 64 °; followed by a similar operation on the following day with two drachms of the fluid. The temperature of the room should be maintained at about 68 °, the ventilation thorough. The nursing of the child should be discontinued with the first active symptoms of fever.

When the tongue is coated brown or yellow, acid drinks should be allowed, as cider, lemonade, vinegar and water, tomato-juice sweetened, apple-water.

In evacuating the bowels or bladder, the patient should not be allowed to sit up, but must use a bed-pan or old cloths. Injections every day will be found beneficial by keeping the bowels open.

GREEN SICKNESS (Chlorosis).

This is a condition of general debility affecting young women at about the age of puberty, due probably to nervous causes. There is deficiency of the red corpuscles of the blood, which gives the skin a pale, yellowish or greenish and almost transparent hue. The temperature of the body is diminished, and morbidly sensitive to cold. There is generally delayed, suppressed or imperfectly performed menstrual function.

Symptoms—In addition to those given in the preceding paragraph, the following conditions are always more or less prominent: *loss of appetite*, the patient often subsisting upon an incredibly small quantity of food; or the appetite is *perverted*, and such articles craved for as chalk, coal, cinders, etc. In other cases the appetite becomes fitful, or the patient eats simply as a duty. Most patients complain of *obstinate constipation*, or this condition may be alternated with relaxation. Sometimes the breath is *offensive*, or there may be ulceration of the stomach and persistent vomiting or even bleeding from the stomach. Such patients become *listless* and *melancholy*. They lose interest in society and in the general events of life, preferring solitude and quiet repose. There is frequently *paroxysmal*, often regularly periodic *headache*, chiefly affecting one temple.

Causes—Among the hygienic conditions the most favorable to the production of chlorosis are—confinement in badly ventilated or imperfectly lighted or shaded rooms—underground kitchens and back rooms, shut in by high walls excluding the direct rays of the sun and a free circulation of air—and deprivation of open-air exercise and recreation. Long-continued grief, unrequited love, anxiety, fright or fatigue; masturbation; uterine or ovarian disease; innutritious food—bread and butter forming the staple diet, the relish for animal food of every kind almost completely ceases. Mothers should not hesitate to find out whether the disease may not be induced by secret habits; great delicacy and caution are required in endeavoring to obtain certainty concerning this all-important subject.

Accessory Means—Good nourishing food, including milk and *milk diet*, brown bread, animal broths, oysters, cod-fish and juicy varieties of meat. Frequent *exercise in the open air and sunshine*, avoiding fatigue; horseback-exercise is particularly advantageous; bathing, particularly in sea-water, is much to be commended. Persons unaccustomed to bathe or extremely sensitive ones should commence with tepid water and the temperature be gradually lowered till a cold bath can be advantageously borne.

Chlorotic patients are notoriously fond of ease, and desire to remain in a state of muscular inactivity; but this desire must no more be yielded to than that of travelers to the soporific effects of intense cold. They should therefore be urged and forced to exert themselves so that the blood may circulate more rapidly, and thus absorb that due quantity of oxygen which is necessary to impart to it those vital properties which excite all the organs to perform their proper functions.

It is also important, as quoted on a previous page, that girls should be unobtrusively watched, and not allowed, if possible, to remain alone.

MILIARY FEVER.

Causes—This disease in child-bed women is sometimes the effect of great costiveness during pregnancy; it may likewise be occasioned by their excessive use of green, unripe fruits, and other unwholesome things, in which pregnant women are apt to indulge. But its most general cause is indolence.

Symptoms—When this is a primary disease, it makes its attack, like most other eruptive fevers, with a slight shivering, which is succeeded by heat, loss of strength, faintishness, sighing, a low, quick pulse, difficulty of breathing, with great anxiety and oppression of the breast. The patient is restless and sometimes delirious; the tongue appears white, and the hands shake, with often a burning heat in the palms; and in child-bed women the milk generally goes away, and the other discharges stop.

The patient feels an itching or pricking pain under the skin, after which innumerable small pustules of a red or white color begin to appear. Upon this the symptoms generally abate, the pulse becomes more full and soft, the skin grows moister, and the sweat, as the disease advances, begins to have a peculiar fetid smell; the great load on the breast and oppression of the spirits generally go off, and the customary evacuations gradually return.

Sometimes the pustules appear and vanish by turns.

When that is the case, there is always danger; but when they go in all of a sudden and do not appear again, the danger is very great.

Regimen—In all eruptive fevers, of whatever kind, the chief point is to prevent the sudden disappearing of the pustules and to promote their maturation. For this purpose the patient must be kept in such a temperature as neither to push out the eruption too fast, nor to cause it to retreat prematurely. The diet and drink ought therefore to be in a moderate degree nourishing and cordial, but neither strong nor heating. The patient's chamber ought neither to be kept too hot nor cold.

The food must be weak chicken-broth with bread, panada, sago or groat-gruel, etc., with a few grains of salt and a little sugar.

Good apples roasted or boiled, with other ripe fruits of an opening, cooling nature, may be eaten.

The drink must be suited to the state of the patient's strength and spirits. If these be pretty high, the drink ought to be weak; as water-gruel, balm-tea, or the following decoction: Take two ounces of the shavings of hartshorn, and the same quantity of sarsaparilla, boil them in two quarts of water. To the strained decoction add a little white sugar, and let the patient take it for his ordinary drink.

When the patient's spirits are low, and the eruption does not rise sufficiently, his drink must be a little more generous; as wine whey, or small negus, sharpened with the juice of orange or lemon, and made stronger or weaker as circumstances may require.

Sometimes the miliary fever approaches towards a putrid nature, in which case the patient's strength must be supported with generous cordials, joined with acids; and if the degree of putrescency be great, the Peruvian

bark must be administered. If the head be much affected, use warm water injections.

This disease is of rare occurrence, and it is of such a nature that it seldom requires anything more than good nursing.

HYSTERICIS (Hysteria).

This affection generally occurs in females between the ages of twelve and forty-five, and it is more frequent at the menstrual periods than at other times. The present cruel method of bringing up young ladies favors the development of the disease by rendering the whole system delicate and nervous. They are deprived to a great extent of the all-important necessities of life—sunlight, pure air, active labor and exercise. Hot rooms, unnatural confinement in schools, crowding the intellect to the neglect of the body, solitary vice and novel-reading are among the many causes of this disease; also disappointments in love, domestic troubles, strong mental emotions and an irregular or vicious life. It is often connected with, if not caused by, spinal irritation; also by diseases and derangements of the womb.

Symptoms—This disease attacks in paroxysms or fits. These are sometimes preceded by dejection of spirits, anxiety of mind, effusion of tears, difficulty of breathing, sickness at the stomach and palpitations at the heart; but more usually a pain is felt on the left side with a sense of distension, advancing upward till it reaches the stomach, and thence to the throat; it occasions,

by its pressure, a sensation as if a ball was lodged there. The disease having arrived at this height, the patient appears to be threatened with suffocation, becomes faint and is affected with stupor and insensibility; while at the same time the trunk of the body is turned to and fro, the limbs are variously agitated, wild and irregular actions take place in the alternate fits of laughter, crying and screaming; incoherent expressions are uttered, a temporary delirium prevails and a frothy saliva is discharged from the mouth. The spasms at length abating, the woman recovers the exercise of sense and motion without any recollection of what has taken place during the fit. In some cases there is little or no convulsive movement, and the person lies for some time seemingly in a state of profound sleep, without either sense or motion.

However dreadful and alarming an hysteric fit may appear, still it is seldom accompanied with danger; and the disease never terminates fatally, unless it changes into epilepsy or mania, or the patient is in a very weak and reduced state.

Treatment—During a fit a patient's dress should be loosened, so that the circulation and respiration may be embarrassed as little as possible; cold water should be sprinkled, or rather dashed, over the face, the body laid in a recumbent position with the head elevated, and a current of air admitted into the apartment. The attendants may be employed in rubbing the temples, abdomen and extremities. It is usual for five or six persons to clinch the patient during an hysteric fit, and confine her to the bed or in a certain position, but this practice should be avoided. It is best to use only force sufficient to keep the patient from injuring herself or her attendants. When she suddenly rises and springs from the bed, allow as much latitude, liberty and motion to the

body and limbs as possible. If the patient shows a disposition to roll upon the floor, let her roll. When called to treat the disease during the paroxysm or fit, it will be of the first and greatest importance to immerse the feet and legs in very warm water.

Remedies—*Camphor* is an invaluable remedy during an hysterical paroxysm and often terminates a fit immediately, especially if there is general coldness of the surface. Two drops on a piece of loaf-sugar may be given every few minutes, for two or three times during the fit; or a vial of the strong tincture may be applied to the nose.

Peppermint is frequently useful in some cases, to relieve flatulence and gently excite the nerves of the stomach. It may be used either in the form of the essence or a tea made of the fresh or dried herb.

Asafœtida is a celebrated remedy in this complaint. Women generally have an aversion to it on that account. It is a good agent, however, and a pill of it about the size of a small pea may be taken once or twice a day.

Valerian may be used, and is often productive of beneficial effects. The tincture, procurable at drug-stores, may be given in doses of one or two teaspoonfuls two or three times a day; or one or two wineglassfuls of an infusion of the root.

Hysterical Retention of Urine—Dr. J. W. Curran recommends a simple and prompt remedy for this distressing symptom, viz., plunging the hands in a wash-basin full of the coldest water, and moving them about in it, as if in the act of washing. In every instance in which this expedient was tried it was immediately successful; it may, therefore, be recommended for general adoption as more convenient than a *warm hip-bath*, and infinitely more desirable than the use of the *catheter*. The

latter, as a rule, is both unnecessary and improper in such cases of retention. As confirmatory of this, any person may notice that the plunging of the hands into cold water, when urine has accumulated to any extent in the bladder, is rapidly followed with an irresistible desire to urinate, although the desire to do so had not been previously felt.

Accessory Treatment—After the patient's clothes are loosened, and an abundant supply of fresh air is secured, an attempt may be made to arrest the hysteric convulsions by a method suggested by Dr. Hare, viz., that of forcibly preventing the patient from breathing for a certain time, by holding the mouth and nose. The effect of such constraint is to make the patient, when allowed to do so, "draw a long breath," this vigorous inspiration being usually followed by a relaxation of all spasm and a disappearance of the fit. Prolonged attacks are notably benefited by this plan of treatment; in brief ones there is neither time nor need for it. "A calm manner," says Dr. Reynolds, "the absence of all appearance of alarm, and of either scolding or distressing sympathy—all of which things the apparently unconscious patient observes much more accurately than do her frightened friends—will sometimes bring a fit to a speedy end."

Between the Paroxysms—Besides regular, out-of-door, walking exercise, cheerful society, conversation and recreation, physical and mental occupation of a useful nature should be strictly enjoined. Healthy, useful employment should become a uniform habit, and the patient be led to feel that life is not a mere holiday to be passed in frivolity and idleness, but a highly important period of existence to be spent in usefulness and enjoyment. Absence of occupation favors that meditative mood in

which hysterical patients are liable to fall, and renders cure difficult.

Removal from Home Influences—Nothing, perhaps, interposes greater obstacles to recovery than the misplaced tenderness, anxiety and sympathy of friends, and the constant recurrence of influences which tend to perpetuate the disease; so that sending the patient from home, away from her accustomed habits and associations, under the care of kind but judicious friends, offers a favorable chance of recovery.

Disuse of Stimulants—The daily consumption of alcoholic beverages for the debility and other symptoms of hysteria is a delusion, and should be strenuously opposed. In hysteria, wine is a mocker. It yields but the semblance of strength, and instead of benefiting, it tends to confirm and perpetuate the worst symptoms of the complaint.

General Cautions—Crowded, badly ventilated and too brilliantly lighted churches, theatrical exhibitions, novel-reading, tight stays and late hours in retiring at night and rising in the morning, should be resolutely forbidden. The diet, rest, study, recreation, as well as the various bodily functions, should receive intelligent and uniform attention. When speaking to a sufferer about her disorder, it is well to avoid the term “Hysteria,” and to assure her that it is curable and not dangerous.

INFLAMMATION OF THE LABIA.

It is not uncommon for the lips of the vagina or passage to the womb to become inflamed, red, swollen and hot; and if the inflammation is not subdued, an ab-

secess is apt to form. This affection may be caused by the rupture of the hymen, difficult labor, exposure, or it may occur without apparent cause.

Wash the parts three or four times a day, with a weak solution of *arnica*; half a teaspoonful of the tincture, to a teacupful of water, is about the right strength.

At the same time, give one drop of it on sugar, three times a day, or oftener in severe cases.

ITCHING OF THE PRIVATE PARTS (*Pruritus Vulvae*).

Symptoms—Itching of these parts is often one of the most distressing ailments to which pregnant women are liable. Sometimes this affection is accompanied by sexual excitement, or it may have a periodic character. It is not limited to pregnancy, and sometimes troubles the unmarried of all ages; it is most common, however, during gestation, and at the change of life.

Causes—Acrid fluids from the glands of the vulvæ or vagina; any conditions leading to congestion of the generative organs, as inactive habits, too much sitting, especially if combined with too high living or the use of stimulants; at times it is owing to an aphthous form of inflammation of the mucous membrane of the vagina, and may co-exist with the sore mouth which sometimes accompanies pregnancy or nursing. Worms may occasion the irritation. A want of proper cleanliness also is, no doubt, an occasional cause. Taking opium, or hydrate of chlo-

ral, has caused it. Disorders of the digestive organs—constipation, piles, etc., are frequently associated with this condition. It is especially liable to occur in ladies who have suffered from leucorrhea or urinary troubles.

Remedies—This generally indicates some disease of the womb or of the mucous membrane of the vagina, or of the external parts, or of the bladder. When this is the case, the malady cannot be cured without removing the disease of which it is a symptom. When it is brought on by masturbation, as it sometimes is, this habit must be broken off before a cure can be effected. Local treatment is generally necessary. Frequent and thorough ablutions of the external parts with tepid or cold water are very desirable for the comfort of the patient, and at the same time conducive to her recovery. A wash of Castile-soap and warm water is often very useful. The *hip-bath*, used several times daily, during an attack, and persevered in afterwards once a day, will be found very efficient in aiding the cure, and in preventing this troublesome affection. Temporary relief may be obtained by a solution of borax in water, applied two or three times a day to the parts. A tablespoonful of Cologne-water mixed in a teacupful of warm water, and applied directly by means of cloths saturated with the mixture, is another valuable application.

THE LOCHIA (Cleansing).

This is a healthy discharge which takes place after delivery, and in color and appearance at first resembles the menstrual discharge. Gradually, however, it becomes

lighter, yellowish, and before its final cessation of a greenish or whitish hue. In a majority of cases the red color changes in about a week to the yellowish shade. It varies considerably in different women, being in some thin and scanty, and continuing only a few days; and in others is so profuse as almost to amount to flooding, and lasting for weeks. The latter is most common in patients who have been troubled with too copious menstruation, who have borne many children, and who have indulged in the pleasures of the table. In some cases, too, this discharge has a disagreeable odor.

In suppression of the lochia, flannels wrung out of hot water should be applied to the external parts, and frequently renewed, a second flannel being ready when the first is removed. Also, if necessary, injections of warm infusion of camomile-flowers, and apply vinegar and water to the lower part of the bowels. A little *salt* and *water* is also very good. When the discharge is bright, or continues too long, the patient should retain the horizontal posture, be kept quiet and fed with suitable diet.

Preventives—After a confinement, ablution of the parts, by means of a soft sponge and warm water, at least twice in every twenty-four hours, the parts being immediately but thoroughly dried, is essential for the health and comfort of the patient, and to prevent the discharge from becoming offensive. The napkins should be frequently changed, and always applied warm, as the application of cold might be followed by an arrest of the lochial discharge. There is no objection in ordinary cases to the patient's sitting up in the chair the day after delivery, while the bed is made. The daily use of the chair favors the discharge of putrid, coagulated blood, and in severe cases injections may be employed to aid the evacuation. After the first day the patient may also wash herself,

the exertion being helpful rather than otherwise. If the lochia be offensive, the chair should be used more frequently.

When the discharges are very offensive and putrid, add a little carbolic acid to the water which is used for the injection; say, one tablespoonful to a pint of water.

TO CHECK THE FLOW OF MILK.

Remedies—1. Use the camphorated-soap plaster, made as follows: Half a gill of soap; one fourth of an ounce of camphor. Pulverize the camphor-gum by adding a little alcohol or other good spirits. Mix it well with the soap and spread thinly on a soft linen cloth, and wear one piece on each breast for a day or two, or for as much of this time as the plaster can be borne without making the breasts sore.

2. A wash of borax or of alum is also good for this purpose.

3. Apply a plaster made of powdered skunk-cabbage and lard. This is useful to check the flow of milk in the breasts in ordinary cases, and likewise in those of inflammation.

TO PRODUCE A FLOW OF MILK AFTER IT HAS BEEN CHECKED.

Take, of buckwheat-flour and buttermilk, sufficient to make a stiff batter, as for pan-cakes, and keep constantly

applied to the breast or breasts, as a poultice, for twenty-four or forty-eight hours. This will bring on a flow where the milk has been dried up for days.

Method for Promoting the Flow of Milk—In all cases where the flow of milk is tardy, the following plan for accelerating it will be found to be available and safe. Take a decanter and fill it with boiling water; when it is thoroughly hot, suddenly empty it and place it on the breast with the nipple *in the neck of the bottle*. The gradual cooling of the decanter will create a vacuum; the nipple will be gently pressed into it without pain, and the atmospheric pressure on the breast will, in almost every instance, cause the milk immediately to flow. The experiment may safely be repeated after a short interval if it does not happen to be successful at first. Care must be taken to protect the breast by covering the mouth of the decanter with leather or thick flannel. A hole made in the center of this will keep the nipple in its proper place.

Insufficient Supply of Milk—When there is a lack of milk for the child, the cause may be traced to imperfection in the mother's health and measures should, if possible, be adopted to correct this, so that after a subsequent labor she may be able to furnish the infant with sufficient milk.

The external application of the castor-oil plant (*Ricinus Communis*) has been used by some physicians with great success. A strong decoction is applied hot by means of soft rags, and retained until the milk is secreted copiously.

Accessory Means—Warmth always favors the secretion of milk. The *diet* is important and should be nutritious and digestible. Good cocoa is very useful, improving the quality and increasing the quantity of the

mother's milk, and we have known it to succeed after other means had failed. During the whole period of nursing this nourishing beverage will be found highly conducive to the health of both mother and child. When the quantity of milk cannot be increased to meet the requirements of the child, *mixed nursing* must be adopted. It is important that the mother should suckle her baby during the day and have it fed by the bottle at night. This arrangement permits the mother to enjoy a good night's sleep, which in itself favors the secretion of milk.

INVOLUNTARY ESCAPE OF MILK.

Cause—Deficient tone in the milk ducts, which often co-exists with loss of tone in the general constitution.

Remedies—Lotions of *borax* or *alum* are recommended as applications to the breasts.

Accessory Means—The breasts should be sponged with equal parts of cold vinegar and water (or one part of strong acetic acid to twelve parts of cold water), morning and evening, and rapidly and carefully dried with a soft towel afterwards. To keep the dress from getting soiled, nipple-glasses or rubber shells may be worn; but they should never be used unless absolutely necessary, as they are apt to keep up, instead of to diminish, the flow of milk.

NURSING SORE MOUTH.

This is an affection from which nursing women occasionally suffer. It consists of inflammation of the lining of the mouth, which is covered with very small ulcers; these cause stinging and burning sensations, and a cheese-like matter exudes from them. A profuse flow of saliva is also frequently present. Now and then it proves an intractable disorder.

Remedies—Make a solution, of borax and water, of the following proportions: To one pint of water, add a lump of borax the size of a nutmeg, and when dissolved, gargle the throat and thoroughly wash the mouth with it, three times a day, and in severe cases, every three hours. At the same time, take the following preparation: One drachm of iodide of potash and eight tablespoonfuls of water, enclosed in a suitable bottle, and of this give one teaspoonful twice a day. One bottle will generally be sufficient to cure the disease.

A tea, of golden seal, makes another effective wash for the mouth and throat. It should be used three or four times a day, and in an aggravated case much oftener.

In very severe cases of this affection the child should be weaned, as it is almost impossible to effect a cure while it continues to nurse. If it has the disease also, the same remedies may be given it, in properly reduced quantities.

Accessory Treatment—Acidulated drinks—lemonade, etc.—are very valuable. Vegetable and animal food in due proportion, with wholesome ripe fruits, oranges, grapes, roasted apples, etc. Fruits containing vegetable acids are often alone curative, and are usually very grateful

to patients. Weaning, travel, change of climate, etc., may be necessary in exceptional cases.

MILK-LEG (Phlegmasia Dolens).

A short time after child-birth this disease sometimes appears. It usually attacks one leg, and may extend to the other, and the whole system may become affected. The limb appears firm, glossy, elastic, swollen and painful. The attack is generally preceded by a chill, succeeded by fever. The limb is stiff, heavy, and is irritated by motion; is tender; the skin is not discolored, but has an increase of heat. After a period of about two weeks these symptoms subside, leaving the limb stiff, benumbed, heavy and weak, and very liable to remain more or less so for a great length of time. It may arise from a suppression of the lochial discharge or the milk, or from cold.

Remedies—1. The whole of the limb should be wrapped in a flannel bandage, but it should not be uncomfortably tight. It must be re-applied when it becomes loose. The simple remedy of salt and vinegar is of superior efficacy in this disease. The whole limb should frequently be bathed in a strong solution of it.

Sometimes cold applications will answer a better purpose than warm ones. When fresh stramonium-leaves can be had, bruised, moistened with hot water, and placed over the whole limb, they will be found to exert an almost immediate relief.

2. The tincture of arnica is another remedy, which has been found effectual after the subsidence of the more

painful symptoms. It should be given in doses of from five to ten drops, three times a day.

If ulcers should form, by the breaking of the skin, they should be washed with a decoction of smart-weed, and dressed with black salve, which may be found in the list of "Salves." Another good one, for the same purpose, is made of bitter-sweet and lard.

3. The tincture of aconite-root is an excellent remedy, in the early stages of this complaint. Five drops, stirred in a tumblerful of water, and given in dessert-spoonful doses, every four hours, will tend greatly to mitigate the sufferings of the patient, promote perspiration, afford rest and facilitate recovery.

Accessory Treatment—The patient must be placed upon her back, with the swelled limb upon pillows or bolster, raised so that the foot will be a little higher than the hips, and then charged not to put her foot down on the floor until she has very nearly recovered.

SORE NIPPLES.

Before confinement, it is well to wash the nipples several times a day with cold water or weak brandy and water, and after delivery, do not allow the child to remain long at the breast, and never, for a single moment, after the breast is empty. Apply the child to the breast as soon after delivery as the mother is rested, and do not wait for the filling of the breasts, when nursing will be more difficult.

Sore and Depressed Nipples—During pregnancy

an examination should be made to ascertain whether the nipples are of the proper size and shape, for in many instances they are deficient, or have been so thoroughly compressed by tight clothes that, after confinement, nipples can hardly be said to exist.

Treatment—A very simple and efficient measure to elongate the nipple, is tie a piece of woolen thread or yarn two or three times around its base, after having pulled it gently out with the fingers. It should be tied sufficiently tight to keep the nipple prominent, but not enough to interrupt the circulation. The woolen threads may be worn several weeks without inconvenience. The daily application of the pump to the breast, taking the nipple within its chamber and exhausting the air by withdrawing the piston, elongates the nipple. The nipple should be retained within the chamber for about fifteen minutes each time. After the use of the pump, an application of arnicated water or of diluted glycerine should be made to the nipple and surrounding part, to prevent excoriations. The same result may be secured by suction, twice a day, by the nurse. An imperfectly developed nipple may be much improved by this method, if intelligently carried out. The measures adopted to elongate the nipple should be commenced two or three months before labor, and, if necessary continued, in a modified form, during the commencement of nursing.

In some cases, if the preparatory treatment just suggested be adopted, sore nipples will be prevented. But where there is a tendency to excoriation and soreness, as in ladies of fine, sensitive skin, the nipples and the breasts around should be bathed several times daily with a lotion made by adding twenty drops of the tincture of *arnica* to a tumblerful of water. We can testify to the entire success of this application in a very large number of cases

we have treated. The lotion should be applied after each time of suckling, and *the nipple moistened with saliva or mucilage before again allowing the child to suck.*

Remedies—One among the best and most effective applications for sore nipples is, a teaspoonful, each, of glycerine and tannin, and apply after every nursing of the child.

Another excellent application is, a teaspoonful of borax dissolved in half a teacupful of water, and, apply as above. Alum-water is also used for the same purpose, and, when no other remedy is at hand, strong, green tea may be used, which is good.

The oil of eggs is very efficacious. This cured one very bad case, when some of the above applications failed. The oil is procured by boiling the egg hard and pressing it out between two pewter plates.

The mother should *always* remember that after using any of the above washes, the nipple should be thoroughly washed with tepid water or tepid milk and water, before the child is again allowed to nurse.

Accessory and Preventive Means—Small compresses wrung out of *cold* water, are very useful, especially if the nipples are sore, hot and burning. In order to prevent sore nipples, they should be washed over gently with tepid water immediately after the child has been nursed, tenderly dried by means of soft linen or a fine towel, and then dusted with superfine wheat-flour or finely powdered starch. As before recommended, the entire breast should receive daily morning ablution, with water—cold, if the patient can bear it, but if not, tepid may be used for several times, gradually reducing it to cold. The infant should only be allowed to suck at stated periods—say every third or fourth hour, as previously directed. The habit of permitting the infant to have the nipple almost con-

stantly in the mouth very frequently leads to tenderness and soreness. The child's mouth should be examined to see if it is suffering from *thrush*.

STERILITY, OR BARRENNESS.

There is perhaps no condition in the life of a married woman that more frequently gives rise to domestic unhappiness than that of sterility. If she be sterile, she will fail to secure the great purpose of marriage—to “multiply and replenish the earth.” From circumstances that frequently come before us, we regard the subject as one of sufficient importance to justify the appropriation of a section to its consideration.

Causes—To determine in many cases the causes of sterility, considerable medical knowledge is necessary, and, in particular, the anatomy and physiology of the generative organs. The application of such knowledge not unfrequently enables its possessor to detect and remove causes of sterility long in existence that would otherwise have escaped observation.

The causes of sterility may be *local*, affecting some portion of the generative apparatus; or *constitutional*, the sexual functions suffering in common with those of the body generally.

Local—The *local causes* are very varied, and we can only mention a few of the more prominent. Such are—an imperforate hymen, or one only so slightly perforate that effectual intercourse is prevented; narrowness or partial closure of the vagina, either as a natural defect or

as the consequence of difficult labors; tumors or polypi in the uterus or vagina; closure or partial closure of the neck of the womb, after being torn, as a consequence of difficult labor; the improper use of caustics or aphrodisiacs; inflammation of the ovaries; adhesion or closing of the fallopian tubes; displacements or flexions of the womb; leucorrhea; a wrong posture during and immediately after the sexual act; ill-timed or too frequent sexual intercourse; previous incomplete or fraudulent sexual intercourse; masturbation; ulceration of the womb, etc.

Leucorrhea—This discharge may exert considerable influence by diminishing susceptibility to fecundation. Functional alteration of the mucous membrane of the vagina and uterus, causing considerable excess in its acid or alkaline characters, may render the male secretion inoperative, by the destruction of its spermatozoa, the vitalizing element of the seminal fluid. When leucorrhea, however, exists to an extent sufficient to cause sterility, its influence on the general health becomes more or less apparent.

Membranous menstruation may be a cause of barrenness in this wise: conception may take place, but at the return of the menstrual epoch the patient experiences an abortion by the throwing-off of the lining membrane of the womb (which should form the outer membrane of the fetus), and with it the *ovum*, or egg, is expelled. The cure of sterility from this cause can only be accomplished by the correction of the tendency of the lining of the womb to exfoliate (fall off).

Constitutional—The *constitutional* causes include those in which the general physical powers are exhausted, as the consequences of acute or chronic disease; obesity (excessive fat); severe, protracted or unaccustomed ex-

ertion; too close application to business or excessive exertion of the brain, thus absorbing an undue amount of nervous power, which otherwise would be more equally diffused for the efficient discharge of the general functions of the body. In this way the generative system may be impaired by the divergence of the nervous influence which its healthy functions demand. Under constitutional causes may be classed very early and very late marriages, which show a large proportion of cases of sterility.

Luxurious Living—Indolent and luxurious habits, excessive indulgence in the pleasures of the table, and especially the free use of wine, are frequent causes of sterility. The industrious and frugal portions of the community are, it is well known, far more prolific than the higher ranks of society. In his work on the law of population, Mr. Sadler incontrovertibly proves that the fecundity of the human race is diminished by the indolent and luxurious mode of life prevalent among the rich, whilst it is augmented by the industrious habits and spare diet of the poor; * * * the proportionate infecundity of the two being, in general terms, as six to one. Excessive eating may cause sterility by leading to excessive accumulation of fat. There is an intimate connection between the sexual and the nutritive functions; and thus ladies, when the child-bearing period has passed, often become corpulent.

Irritability—Defective, or, on the other hand, excessive nervous irritability, may operate as an obstacle to impregnation. Deficient sensitiveness may render the person so incapable of responding to the sexual act as to hinder fecundation; or, the activity of the structures may be in such excess that their vitality is destroyed, as it were, by their own vehemence.

Emotional Causes—We may also notice what may

be termed *emotional causes* of sterility ; and although these are probably less influential than many of the other varieties, they are still sufficient to operate prejudicially to conception. They embrace the agreeable stimulus of various senses, such as those of touch, sight and hearing, to an extent proportionate to individual temperament. There should be the most perfect harmony and congeniality of taste, temper and disposition between the husband and the wife, the one responding to the other, without any sense of discord or feeling of repugnance.

Influence of Temperature—We know well that vaginal injections of *cold* water or of *hot* water, employed directly after intercourse, generally prevent conception. A case is related of a lady, many years sterile, who was in the habit of using an injection of cold water after sexual connection. On one occasion she accidentally used simply warm water instead, and conception resulted therefrom. A similar case occurred in the author's practice in the last few months. M. Coste has ascertained by experiments that the spermatozoa of mammalia are destroyed by *cold* water, whereas the admixture of warm water with the seminal fluid rather favored their vitality. Many facts have come under our own notice illustrative of the great influence of temperature on conception.

Treatment—In the treatment of sterility an investigation of the cause, which is the first step towards the cure, should be made, so that if possible it may be removed. Sterility from malformation of the parts is generally incurable. On the other hand, numerous cases are exceedingly simple in their nature, and quite amenable to treatment. A temporary separation, or a change of diet, habits or climate, sometimes leads to successful results. The horticulturist, by transplantation to a congenial soil and climate and supplying it with altered and

suitable conditions, makes a tree, which had heretofore yielded leaves only, produce blossoms and fruit. So equal care and skill in the application of physiological laws and hygienic conditions may be expected to reward the efforts of the physician to make the human species increase and multiply.

It is very certain that high living prevents conception. We seldom find a barren woman among the laboring poor, while nothing is more common among the rich and affluent. The inhabitants of every country are prolific in proportion to their poverty, and it would be an easy matter to adduce many instances of women who, by being reduced to live entirely upon milk and a vegetable diet, have conceived and brought forth children though they never had any before.

Dr. Cheyne avers that want of children is as often the fault of the male as of the female, and strongly recommends a milk and vegetable diet to the former as well as the latter; adding, that his friend Dr. Taylor, whom he calls the milk-doctor of Croydon, had brought sundry opulent families in his neighborhood, who had continued some years after marriage without progeny, to have several fine children, by keeping both parents for a considerable time to a milk and vegetable diet.

An English author gives the following in reference to the removal of barrenness: "A careful selection of the food will aid in the removal of the sterile condition. Whatever is nutritive should be preferred; food that contains a large proportion of phosphorus; fish, especially shell-fish if it can be well digested, will increase the nerve-power and aid in procreation. But, perhaps this may be better adapted to the more moderate class of livers."

Another fruitful cause of barrenness is the deplorable and sometimes criminal practice of using various

means to prevent conception during the early years of married life. In consequence of this and the designs of nature having been often interfered with, barrenness is at length induced, and the female now, perhaps, desirous of becoming a mother finds, when all too late, that her powers of procreation have been destroyed and she mourns in vain her early pride and folly.

LEUCORRHEA—WHITES (Fluor Albus).

The term *leucorrhœa* literally means a white discharge—the white as opposed to a bloody one—though it is not unfrequently of a light cream-color, or yellow, or greenish, and includes a great variety of discharges. It is a catarrh of the vagina, neck or uterus, the result of inflammation or irritation. In a healthy condition the mucous lining, and the various glands which stud the vaginal orifice, secrete a fluid just sufficient to lubricate the opposed surfaces, and for other physiological purposes. In unhealthy conditions this secretion becomes increased in quantity, of an altered character, and varies in color and consistence; this is termed *leucorrhœa*.

This disease or symptom may occur at any period of life, but is most common after puberty, and previously to the cessation of the menses, when so many causes are in operation to induce free determination of the blood to the utero-genital organs.

It has been observed that leucorrhœal discharge in the mother is a potent cause of scrofula in the child. The fetus is insufficiently nourished, hence the scrofulous

symptoms soon show themselves in the form of convulsions, water on the brain or mesenteric disease; or, if the age of puberty be reached, in consumption.

Symptoms—Generally, a profuse mucous discharge from the utero-vaginal lining membranes, of a white, cream, yellow or greenish color; thin and watery, or of the consistency of starch or gelatine; and it may be inodorous or fetid. When the discharge proceeds from the vagina, it is generally a light, creamy-looking fluid; in ulceration of the mouth of the womb, it is profuse and semi-purulent. That poured out by the cervical glands is a copious, tenacious, albuminous fluid; from the lining of the interior of the womb the discharge is of an alkaline reaction, copious, and generally immediately precedes menstruation. In severe cases, the whole system becomes injuriously affected; the face is pale or sallow; the functions of digestion are impaired; there are dull pains in the loins and abdomen; cold extremities; palpitation and difficult breathing after exertion; debility and loss of energy; partial or entire suppression of the menstrual flow. Sometimes the discharge is evidently in the place of menstruation. Slight cases of leucorrhœa may exist for years without giving rise to any very marked symptoms.

Causes—These may be constitutional or local. Anything which debilitates the constitution is liable to be accompanied by a leucorrhœal discharge; thus it is frequently associated with profuse menstruation, prolonged nursing and other excessive discharges; falling of the womb; cold; congestion; scrofulous constitution; defective health generally; a warm climate; the use of purgative drugs; an inactive and luxurious life, etc. In short, leucorrhœa is likely, sooner or later, to accompany any disease that enfeebles the health. Leucorrhœa is very common in the rich, indolent, luxurious and dissipated, and in those who live in

crowded cities; it is less frequent in those of industrious and regular habits, and in persons living in the country, especially if the soil be dry.

Local causes are, excessive sexual intercourse; masturbation; polypi, or other abnormal growths of the uterus; want of cleanliness, etc. Lastly, leucorrhea not infrequently results from irritation or disease in an adjacent part, thread-worms in the rectum, piles, stone or catarrh of the bladder, or the introduction of any irritating substance into the vaginal passage.

Remedies—1. Mild cases of this disease can be cured with injections of tepid water, three times a day. If moderately cold water feels the best to the patient, employ it in place of the tepid.

2. Two new remedies have been introduced, within the past two years, which are specifics in this disease, and perhaps can be relied on in any case, as they have not yet been known to fail. One is the *yerba reuma*; take, of the fluid extract of this plant, two tablespoonfuls, and six of water. Mix, and of this inject one tablespoonful into the vagina, three times a day. The tincture may be employed in place of the fluid extract; in which case, use the same quantity, with water, as the above.

3. The other remedy is the Oregon grape-root (*Berberis Aquifolium*); of which, take two tablespoonfuls of the fluid extract and the same amount of syrup. Mix. Dose, one teaspoonful before each meal, and before retiring at night.

These remedies can be procured at all drug-stores.

4. A treatment that has gained much favor with the ladies, lately, and which has been the means of curing many inveterate cases, is to take one gill of claret-wine, three-fourths of a pint of water and one-half an ounce of

tannin. Mix. Of this, use two tablespoonfuls, as an injection, three times a day. When claret-wine cannot be obtained, use port-wine.

5. Alum-water is very highly extolled in leucorrhœa. It has produced some surprising and unexpected cures, in severe chronic cases. One practitioner has remarked that, "It is the best remedy I ever used in this complaint." One teaspoonful of pulverized alum is to be dissolved in two-thirds of a pint of water, and used as an injection, twice a day. At the same time, the hip-bath, with salt added, is to be used at least *twice a day*.

6. Other remedies, which have been highly commended are, injections of common tea; of a decoction of golden seal; of white-oak bark (with poppy-leaves added, when they can be obtained); also, the white pond-lily, made into a decoction or tea.

7. In a work by Dr. Elisha Smith, of New York, we find the following remarks: "Peach-pits tinctured in brandy, in proportion of four ounces to a quart, form a powerful tonic, and it is remarkably efficacious in curing the whites. A teaspoonful of this preparation may be taken three or four times a day."

In using any of the above remedies or injections, first wash the parts by using simple water freely, then, lying down, introduce the tube high up in the vagina, and throw in the medicated injection. This should be retained for five or ten minutes, in order to obtain its full advantage. A great many women, when directed to use an injection, do it so imperfectly, and use so small a quantity, that no good results from it.

Injections should be tepid, in all cases, unless moderately cold water is more pleasant to the patient. Ladies, suffering with this disease, should positively abstain from

the use of tea and coffee, spices and all condiments, spirituous liquors, and from sexual intercourse.

Accessory Treatment—There are several conditions which are absolutely essential to the successful treatment of “whites,” the most important of which are the following: *Rest*, in the horizontal posture, is sometimes necessary in the treatment of this, as it is of most other uterine disorders. Active exercise aggravates an existing leucorrhœa, just as it does congestion or inflammation of the womb. At the same time, moderate exercise in the open air, especially in the intervals between the attacks, short of inducing fatigue, is essential for the maintenance of the general health. Other accessories of importance are—a diet chosen with the view to its nourishing properties, and to its ready assimilation; avoidance of indulgence in the pleasures of the table, exciting spectacles, crowded balls and parties, etc.; and, lastly, frequent injections of water and daily washings, including the *hip-bath*, are necessary, in order to insure the most perfect *cleanliness* of the genital organs.

The importance of this last point cannot be too strongly stated, for without a due attention to cleanliness all other efforts may prove futile. The leucorrhœal secretion is at best exceedingly irritating, but when it is permitted to accumulate and remain for a long time in contact with the mucous membrane, it becomes partially decomposed, fetid and highly pernicious to the healthy condition of the parts. On this account the frequent and thorough use of local applications of tepid or cool water should be strictly carried out. The use of the syringe, having the vaginal tube attached, is necessary efficiently to carry out this part of the treatment. For delicate ladies we recommend

The Vaginal or Uterine Douche—In order to

insure a continuous stream of water on the lower portion of the womb, and on the vaginal mucous surfaces, without any manual effort on the part of the patient, a self-acting douche has been constructed. It consists of a Japanned metal reservoir, fitted with six feet of tubing, with vaginal pipe and ivory nipple, in a mahogany case.

The reservoir has merely to be filled and suspended above the level of the hips, when a continuous stream is obtained, the force of which is easily regulated by a stopcock. The degree of pressure can be increased by a greater or less elevation of the tank. The cold douche should not be used when pregnancy is supposed to exist.

INFANTILE LEUCORRHEA.

This is catarrhal inflammation of the vulva, occurring chiefly in scrofulous children.

Symptoms—Irritation of the valvula or external organs, occasioning a frequent desire to rub the part, sometimes slight pain in passing water, and a thin, colorless or thick, creamy discharge. In unhealthy children, of bad hygienic conditions, the leucorrhea may become copious and irritating, giving rise to ulceration of the mucous membrane. The discharge is infectious, causing severe inflammation if brought in contact with the lining of the eye or other mucous surface.

Causes—Sudden check of perspiration or exposure to cold; acrid urine; neglect of cleanliness; the use of infected sponges; worms; manual irritation by nurses, etc. Mr.

Cooper Forster relates a case in which a woman communicated an infectious discharge to two girls by washing them with her own sponge.

Diagnosis—Girls of all ages are liable to a discharge from the vulva, quite independently of *infectious* matter. The remembrance of this fact may save much distress; for the occurrence of this discharge in children has often caused unfounded suspicions and anxiety.

But the absence of *swelling*, heat and redness; the limitation of the discharge to the *external* parts and the integrity of the *hymen*, tend to prove that the affection has not been communicated. In infectious discharges the parts are inflamed and swollen, the inflammation extending high up in the vagina, and passing of urine causes pain.

For additional remedies and fuller details of symptoms, the previous section should be consulted.

Accessory Measures—The parts should be frequently washed with tepid or cold, soft water, carefully dried, and a little finely powdered starch or violet powder applied. When there is any ulceration, a lotion of *calendula* (marigold), or of *hydrastis* (golden seal), should be used. (Twenty drops of either to about half a pint of water.) The *diet* should be good and digestible, taken regularly in three meals daily, and properly varied. Fresh air is necessary, but without too much exercise at the first. Salt-baths, sea-air and cod-liver oil are often advantageous, and, in scrofulous children, essential. Impaired health being restored will often effect a cure of this difficulty.

FALLING OF THE WOMB.

Sitting or rising up, soon after child-birth, and cathartics, do great harm to those who are predisposed to this disease. With them the horizontal position should be retained during an unusual length of time. They should also avoid tight dressing, lifting, over-exertion and long walks, at all times. Pessories and supporters are merely palliative, and often injure by weakening, relaxing and irritating the parts and the abdominal and other muscles. They should rarely, if ever, be worn, as they never cure. For the cure of falling of the womb, we have space to allude to a few only of the movements which are useful. The patient may lie on her back, and while one assistant takes hold of her hands and another of her feet, they may slowly stretch her; and, if she is not too weak, she may resist. The same may be done while she is lying on her face, the assistant gradually raising her feet as she draws. This tends to raise the ribs, enlarge the abdominal cavity and cause a flow of blood to the extremities. Exercise the extremities, also, as directed under the head of "Leucorrhea." Let the patient lie on her face, resting the entire weight of her body on her toes and elbows, and gradually raise and lower her hips several times. If the patient is too weak to do this, an assistant may support part of the weight, and thus assist her. These simple exercises, practiced for a short time, two or three times a day, are worth more for the radical cure of falling of the womb than all the supporters ever invented. Let the patient lie on her back, with her hips elevated and her knees drawn up; then let an assistant repeatedly draw her knees apart, the patient resisting; then let the patient bring them together, the assistant resisting. All the above exercises are taken in the horizontal position, and tend to restore the womb to

its natural place, and to strengthen the muscles and parts which should retain it in its true position. Persevere in such exercises until cured.

Causes—Probably the most frequent cause is getting up too soon after child-birth, when the womb is larger than usual, and when also its perineal support below has been weakened by the process of parturition. Dislocation of the uterus may, however, take place at puberty, especially if menstruation begin at too early or too late a period, the increased weight of the congested organ predisposing to prolapsus. Occupations, such as those of laundresses, cooks, etc., are fruitful causes, especially if followed when the womb is relaxed or large. In other cases, one of the following causes may have been in operation: sexual excesses, injuries from falls, sudden straining, jumping, over-lifting, etc.; long-continued coughs; excessive vomiting; chronic indigestion, constipation and piles; tight lacing; a general relaxed condition of the system, either constitutional or the result of sedentary habits; too high living; purgatives, etc. Thus it will be observed that the essential elements in prolapsus are, an enlarged, heavy womb, and relaxation of its natural supports, combined generally with too much standing.

Symptoms—Bearing-down sensations in the vagina; dragging and aching pains in the small of the back and around the loins and hips; frequent sensation as if something would escape from the vagina; weariness, soreness and faintness, with indisposition to stand; leucorrheal discharge; often increased menstruation, and frequent desire, and sometimes inability, to pass water; nervousness; irritability of temper; indigestion, constipation, etc.

Remedies—1. Use the following injection twice a day: To one pint of tepid water, add one and a half teaspoonfuls of pulverized alum; at the same time, use a salt-

water sponge-bath, morning and evening, to the lower part of the body, pelvis and thighs. This bath should be accompanied with brisk friction and kneading the lower part of the bowels.

These means increase the strength of these parts, and render them more able to support the womb. If this course be persevered in, and, at the same time, the patient confines herself to the recumbent posture on the bed, a cure in all recent cases will be effected, and frequently those also of a chronic form.

It should be remembered that if the internal parts, as the vagina or the womb, are inflamed, these injections must not be used until the inflammation is subdued, because they will make it worse.

2. This difficulty can frequently be removed by the simple use of injections of tepid water, three or four times a day.

3. The following is very useful for the same purpose : To one pint of warm water add twenty drops of tincture of aconite-root. Mix, and inject into the vagina three times a day. This, in severe cases, is a valuable means of reducing the inflammation and restoring the organ to its natural condition.

4. Equal parts of peach-leaves, Solomon's seal and hops, in an infusion, form an excellent injection for the same purpose.

5. So, also, elm-bark and stramonium-leaves.

6. For falling of the womb, one of our best agents is the unicorn-root, or star-root (*Aletris Farinosa*). Dose, of the tea or decoction, half a teacupful three times a day.

7. Electricity is a very excellent agent in the treatment of this disease, and, when coupled with the use of black cohosh and nux vomica, the most inveterate cases

have been cured with it. These are to be taken in the following manner: Add five drops of nux vomica tincture to a tumblerful of water. Mix well. Dose, two teaspoonfuls at night. Then prepare the tincture of cohosh in the same manner, and take like doses every morning.

For further remedies used in the removal of this disease, the reader is referred to the treatment under "Leucorrhœa," as the remedies employed in the latter affection are useful in the cure of falling of the womb.

For the purpose of aiding a permanent cure, and relieving the unpleasant symptoms that attend the displacement of the womb, a properly adjusted perineal supporter will be found an excellent means. This consists of a well fitted abdominal bandage or jacket, made of drilling, lacing up in front like a corset; putting in whalebone in front and behind to keep it from wrinkling; sew on buttons before and behind, six inches apart, to attach the perineal bands, which may be made of drilling, but good, strong, elastic suspenders are better. Lace the bandage on, buttoning the suspenders on behind; bring them between the thighs, and button them sufficiently tight in front. Immediately under the perineum, where these straps cross, a perineal pad is attached, which passes upward between the vagina before and the bowel behind, and furnishes a constant and efficient support. This pad may be made about two inches square, and half an inch thick, and covered with oil-cloth to protect it from the discharges.

This description, together with the accompanying illustration of this supporter, will enable any lady to construct this useful appliance:



Accessory Treatment—The horizontal posture, with the hips elevated, often suffices to cause the womb to return to its proper place, where it will remain if the patient can retain the recumbent posture. This posture should therefore be maintained as long as is consistent with the general health, especially during the monthly period. It is not, however, desirable or practicable for women to remain long in bed. Exercise is necessary for health, and the industrious portions of the community are compelled to work and walk daily.

The use of appropriate baths, followed by general friction of the skin; *injections* of water, or in some cases of astringent fluids, by means of a large-sized, gum-elastic vaginal tube, and attached to a proper syringe, so as to insure a good and continuous stream of water reaching up to the lower portion of the womb, and the daily use of the hip-bath, are remedial agents whose great value is authenticated by long practice.

In severe forms of falling of the womb a good *pessary*, accurately adapted to the size of the vagina, may be used with advantage, if properly applied and not worn too long. Its injudicious use aggravates the mischief. A medical man should always be consulted in its use.

Violent exercise, lifting heavy weights, scrubbing, ironing, straining at stool or sitting too long in a constrained posture, must be avoided. Brown bread, vegetables, etc., should be taken to prevent constipation.

INFLAMMATION OF THE WOMB (Metritis).

This affection may occur in any adult female, and is an occasional serious complication of pregnancy or of child-birth. The disease may be acute or chronic; the cervix is the part generally involved, and the ultimate tendency of inflammation of the deeper tissues of the womb is towards ulceration.

Symptoms—An attack may commence with a chill, followed by febrile symptoms—full, jerking pulse, great thirst, nausea and vomiting, and sometimes diarrhea with straining; the bladder is irritable, and there is a feeling of throbbing in the vicinity of the womb, which is swollen and painful. The precise seat of pain depends upon what part, or whether the whole of the womb is involved. There are throbbings, irritability of the bladder and rectum, and the patient maintains the recumbent posture, as sitting aggravates the pains. Sometimes the disease assumes a typhoid character, and there are excessive prostration and a dirty, yellow-coated, dry tongue.

Causes—Exposure to cold; sitting or standing on damp grass, etc.; suppression of the menses; mechanical irritation, as from excessive coition, tumors, etc.

Remedies—If the bowels are much constipated, give repeated injections of warm water, with a little salt and lard dissolved in it.

Apply, to the lower part of the bowels, hot fomentations of hops and vinegar, or some bitter herb. Or, apply a mush-poultice, made of corn-meal. They must be frequently changed, in order to keep the bowels continually hot. The common smart-weed is an excellent article in this disease, used as a fomentation and frequently renewed.

When there are irritating and offensive discharges from the vagina, cleanse these parts with injections of warm water; and, when they can be procured, make a tea of peach-leaves or of wild indigo. It should be used warm.

In severe cases, add a teaspoonful of chloride of lime to a pint of water, and, after it is dissolved, use as an injection, two or three times a day, several injections at a time. The solution should be made tepid before using.

If the urine is high-colored, give the patient, every two hours, a teaspoonful of sweet spirits of nitre, in a little spearmint-tea, or a little water.

When the above is not at hand, either of the following is good: a tea, made of marshmallow, mullein or pumpkin-seeds.

For inflammation of the womb I have used the following with excellent effect:

Take the *spirits of spearmint*, made by bruising the green mint and adding best of Holland gin; add as much *spirits of nitre*; give freely. This has cured several cases.

The dry mint may be added to the gin, and a tincture thus made.

Accessory Treatment—Rest, as complete as possible, is very important. Food must be reduced to almost an entire abstinence, and no stimulants whatever must be taken.

The room must be well ventilated and kept still. The patient should lie upon the back, with her knees raised, so as to keep the clothes from pressing on her.

The feet and hands should be kept warm.

If the patient can sit up, the warm or tepid hip-bath, for twenty or thirty minutes at a time, will be found of much value.

Professional advice is essential in serious cases.

ULCERATION OF THE WOMB.

When excoriation or ulceration of the neck of the womb occurs, there are often pains, soreness and a sensation of rawness, with perhaps heat and smarting in that region. Pain in the right side of the abdomen, and pain in the back of the head, and in the back part of the top of the head, with a numb sensation, are common symptoms which attend uterine congestion and ulceration. Leucorrhea may exist without ulceration, or even much if any inflammation, but the latter affections rarely occur without causing more or less discharge.

Remedies—1. In ordinary cases of this disease, a solution of alum will effect a cure, when used in the following manner: Take two heaping teaspoonfuls of powdered alum; divide into six equal parts, and add one part of this to one pint of water—soft water when it can be procured—and use it as an injection at least twice a day.

2. In severe cases, take two teaspoonfuls of alum and one teaspoonful of white vitriol; divide into six

equal parts, and use one of these parts in a pint of water. To be employed as an injection twice a day.

3. This disease has been cured by simply applying powdered tannic acid or tannin to the ulcers.

4. Oak-bark possesses similar medical properties to tannic acid, and is frequently employed in the place of it, by making a weak decoction and using as an injection, night and morning.

5. Golden Seal (*Yellow Puccoon Root*) has been efficaciously used in curing this disease. A decoction of it should be used as an injection, twice a day.

Before any of these injections is employed, the patient must use an injection of warm or cold water, whichever feels best; and in addition to this, we ought to say, that these water-injections *must* be used every two hours during the day, if a cure is expected, in case there is much discharge.

The white pond-lily (*Nymphaea Oederata*) has proved more efficacious than any other remedy in this disease, having completely cured it after all other available means had failed.

It should be used locally, by injection of the infusion into the neck of the womb, and by taking it internally. Dose, of the infusion, from one-half to a tea-cupful, two or three times a day; of the fluid extract, ten to fifteen drops, morning and evening.

DIVISION SEVENTH.

DISEASES OF CHILDREN.

PARENTS RESPONSIBLE FOR THE SICKNESS AND DEATH OF THEIR CHILDREN.

It is a well-known fact that one-half of the children die during childhood, and nearly all this host of infant-humanity is consigned to a premature grave through the neglect and inexcusable ignorance of their parents. Except in hereditary cases, sickly and diseased children should bring the blush of shame to the cheek of the parent; even criminal punishment is sometimes justly merited; for any one who will become a parent and be instrumental, through neglect and culpable ignorance, in causing the child to suffer, in its helpless infancy, the pains of disease, *deserves* criminal punishment. Let no one hold himself blameless or attempt to shield himself from the obloquy which should rest upon him for such dereliction of duty by pleading ignorance, for the sources of information are now too manifold and too easily attained to permit such a plea to be accepted. Every one may read and readily know how to obviate the ills to which his children are subject, or to bring timely alleviation; and the idea that disease or prema-

ture death is a providential decree is a thing of the past—an exploded notion—and not worthy of being combated.

PHYSICAL AND MENTAL TRAINING OF CHILDREN.

We educate and qualify men before they are sent forth to engage in the respective trades and professions. If it is important and desirable to have men well skilled in their avocations, is it not equally so to have woman qualified and prepared in her difficult pursuit of managing and rearing children? Yet, it is a lamentable fact that the great proportion of women begin the exercise of these most difficult and intricate duties—the physical and mental training of their children—with scarcely the slightest knowledge or preparation for the important cares devolving upon them; and it is a source of regret that, when thus started, there are so many that continue to plod on as they began, and attain little more proficiency in knowledge on this subject than an unlettered and untutored savage; justly earning that oft-repeated criticism that they are “not fit to raise a puppy.” This want of qualification, this ignorance and neglect, are the prime causes of so much sickness, disease and death among children, and of so many intellectual dwarfs and imbeciles throughout the country, as well as such an army of ill-bred children and hoodlums. All experience has shown that no investment of time and money is more certain to bring a rich return than that devoted to the acquirement of a knowledge of the physical and mental training of children. Yet, we find families that are not

in possession of a single book or scrap of literature on this subject, and we meet individuals, too, who say, "*We have raised children, and are still raising them, and therefore know all about these things.*" To these we would reply that books are not written and information collected and imparted for those who know enough without reading any more, and are wise enough without any additional information. But mark well that, on observation, it will be found that those identical individuals are only bundles of self-conceit and monuments of stupidity, utterly incapable of rearing even one of the lower order of animals.

SPECIAL DIRECTIONS TO MOTHERS IN REGARD TO CHILDREN.

The following are a few very important rules that should be adopted by every mother in regard to children at meal-times and at bed-time :

After the company and adults of the family have taken their meals, the mother should summon her children to the table, personally superintend their meals, and especially see that nothing is eaten or drunk that is indigestible or injurious. During this supervision she is enabled at the same time to teach them how to comport themselves properly at the table. There are several injurious results flowing from the practice of taking children to the table with company.

First, they are very liable to be given more or less unhealthy or illy adapted food in order to keep them quiet.

Secondly, they thereby become imperious and forward with a tendency to self-conceit.

Thirdly, it fosters ill manners, for mothers are not inclined to teach their children manners in the presence of company. We have heard it said, "But Mrs. ——— takes her children to the table at all times and under all circumstances, and yet they are models of propriety and exemplary children." Admitted; but that is the exception and not the rule; for where there is one of this kind, there are a dozen that are otherwise.

Preparing Children for Bed—This should be done from six to seven o'clock; and, as they approach their teens, one hour later; and it should be promptly done, and with strict regularity. A most reprehensible practice, in this respect, is that of putting children to bed at six o'clock, one night, and the next at seven or eight. The preparation consists, mainly, in seeing that their feet are washed and thoroughly dried—in the summer, every night, in the winter every other night; their teeth cleansed every night with a brush, and their clothing changed, as no article of clothing should be worn at night that is worn during the day.

And the mother, previous to her retiring, should visit the children's beds or bedrooms, to see that they are properly covered, and that the doors and windows are sufficiently open for ventilation.

These are no minor matters among the duties devolving on mothers; and when they know and are yet neglectful of them, they are as deserving of being convicted of crime as the husband who fails to provide for the family.

What Mothers Know—There are various sections in this book pertaining to children and their diseases, cases which should be read and re-read by every mother;

but this will doubtless not be the case, for the reason that a great majority apprehend that *they know* enough on this subject, without thus reading, from the fact that they “*have raised children,*” or that their mothers have, and consequently they “know more about it than the man who wrote the book.” Now, the facts are, they know *just* enough to destroy the lives of one-half their children, as it is a statistical fact, that one-half the children die during childhood; and, besides, many of the other half are more or less diseased or sickly. And *this* is the result, excepting in cases of contagious diseases, of this *superior* knowledge that they possess and exercise. *The facts should excite a blush of shame.*

And, again, if there was as much knowledge possessed on this subject as there might be, they would not be ignorant of the fact, that the information usually presented in a medical book is not simply the knowledge and experience of one individual physician, but the combined wisdom of various ones, often of different countries and of different periods of time. Useful and practical directions in regard to management of children will be found in the “Ninth Division” of this book.

CLOTHING OF CHILDREN.

The underclothing of children should consist of white flannel, of the softest texture; and not only their bodies, but their limbs should be protected by the same material. But flannel, even of a fine quality, may, with many, be too irritating if worn next to the skin. In such cases let them wear fine linen or cotton under

the flannel, to protect the skin. Another reason for the use of linen or cotton, next to the skin, is that flannel cannot be washed often without injury to its texture, and there is also danger that, as it does not show the dirt so quickly, it may be continued to be worn too long. Linen and cotton receive little harm from frequent washing. There are a few children who are so constituted that they cannot endure woollen clothing during the hot days of summer. You should therefore look well to this matter; remove such clothing during that time, and replace it by soft linen or cotton. There is another idea of importance that should be noticed here: that tight clothing should not be permitted to be worn by children of any age. Particular attention is called to this subject, and it should not be neglected. Besides, those *tight bands*, which are fastened around the bodies of young infants, are an outrage to humanity, and in direct conflict with the commonest principles of prudence, reason and good sense. All confinement produces distress, and when it is in the nature of compression is liable to induce deformity, and other and still more serious derangements in health, even before the presence of the evil is suspected. A not unfrequent effect of this tight dressing is the production of hernia or rupture. If the bowels are pressed too tightly Nature, in her effort to find room for them, will press them out through the least protected part of the abdomen, as the navel or groin. Space should be allowed for the growth which is continually and rapidly going on. To accomplish this purpose, every article of dress should be fastened with strings; and in tying these great care should be exercised not to draw them too tightly. They are much to be preferred to buttons or hooks and eyes. These last possess but one advantage—that of putting it out of the power of the

hasty or negligent nurse to arrange the dress too tightly, as may be the case when strings are employed. The growth of the infant is very rapid during the first two years of its existence. It can then be easily understood that a few weeks may make considerable difference as to size, so as to produce much pressure and consequent distress. It would seem a sufficient exhibition of vanity and folly for adult people to torture themselves, and thereby to impair the natural beauty and symmetry of the bodies that kind Nature had given them, ruin their health and shorten their days by girding themselves in their dress to the size of dwarfs and the shape of wasps, without inflicting such punishment and entailing permanent injury on the young and helpless innocents.

Fashion to be Disregarded—As regards fashion, in the dress of children, none other should be thought of than that dictated by convenience and comfort. The fashion of long clothes, such, for instance, as measure a yard or more, is both useless and expensive, besides encumbering, overweighing and restraining the free movement of the child. There need be no more length than is necessary to cover the feet, so that the cold will not draw underneath the clothes. As to the under clothing, it should not, during health, be changed oftener than once in two or three days; as frequent changes withdraw too much electricity from the system. The clothing of their beds should be well aired each day, in order to obviate any danger of engendering disease. The clothing for the body, particularly the flannels, should be aired before the fire previous to being put on.

Cleanliness—A child should not be permitted to wear a diaper for one moment after it becomes wet, as it is both unhealthy and uncleanly. And do not think you

have done your duty to your child when, at such a time, you have *dried* the diaper, and imagine it is then fit to be replaced. It should be used but once, until it is washed and made perfectly clean; otherwise, serious consequences may result.

Use no pins as fastenings for the clothing of your children, except the safety-pin.

The Band, and Dressing the Navel—One of the most important parts of an infant's clothing is a band to support the abdomen. This should be made of soft flannel, or of material that possesses some elasticity; that is, the power of stretching. It is especially intended to support the navel. The cord is usually divided, at birth, about three inches from the abdomen of the child, close to which it is securely tied. The separation of the remaining portion is the work of nature, and is effected in the varying period of from five to fifteen days. In ordinary cases, as soon as the separation has taken place, a split raisin and a piece of singed linen should be applied to the part, and changed daily. It occasionally happens that after a few weeks the navel starts; in such a case, a common ball of sewing-cotton, half used, so that what remains is soft and yielding should be laid upon the navel, and confined by strips of strapping-plaster, placed cross-wise. If anything more serious appear, such as redness, ulceration, discharge, etc., medical advice is immediately necessary. We have stated that a band about the abdomen of the infant is necessary for support.

In putting it on, it must be remembered that there is a wide distinction between a *tight band* and a *band* only for support. The former is dangerous, while the latter is a necessity.

“ If the cavity of the abdomen be diminished its contents are compressed, and when any action takes place

that strains the parts there is no room for the necessary distention, and the weakest give way. The action of the bowels is impeded by compression, occasioning pain and constipation. Medical writers dwell upon the importance of the band, and decide that rupture is frequently the consequence of neglect or ignorance in regulating its use. It requires to be taken off and re-arranged morning and night, and a clean one put on every other day, as it gets wrinkled, and so unfitted for use. It is often wetted, and is then likely to create pain and disturbance of the bowels, for which reason the same band should not be worn both day and night.

How Long to Retain the Band Upon an Infant

—A month is a sufficiently long time for a healthy infant to wear its belly-band. If this band is taken off in cool or cold weather, flannel shirts should be put at once upon the child, so that it will feel no evil effects from its removal.

With some children the band is necessary for many months; when it is discontinued the stay or waistcoat, usually worn as a sort of support to the rest of the clothing, should reach two inches below the navel; it prevents an enlargement of the abdomen, and sustains the child in its attempt to sit up.

Warm Clothing—*Warmth* is of prime importance for children of all ages, and especially so for newly born infants. Warm clothing should cover the whole body. But in hot weather it is of prime importance to keep children cool; for diarrhea and other summer-complaints may be thus to a great extent avoided. Excess of clothing, night or day, is to be guarded against.

In this country, where changes of temperature are sudden and continual, judicious clothing is the only safeguard; summer-apparel cannot be safely adopted and laid

aside at a given period, nor can the same dress be always worn at noon and in the evening. However warm the clothing, infants should not be carried abroad in cold weather; their lungs cannot bear a low temperature, and there is no exercise to keep the blood equally distributed. Where ventilation is attended to, no other change of air is wanted but what may be obtained by moving from room to room. An infant usually falls asleep when carried abroad; cold increases the disposition to do so and renders it dangerous, while no good can be derived from the external air, since common prudence dictates that the whole person must be completely enveloped. If carried about a well-ventilated room, in a moderate temperature, the child breathes freely and without risk. No child can be taken into the open air in very cold weather with safety, until it is able to take so much exercise as shall keep the blood at the surface. Before this period, the quantity of necessary clothing impedes activity. This, with the state of the air, benumbs the limbs; the blood is driven from the surface and loads the lungs, stomach and brain, etc.; the child returns home, is brought suddenly into a room with a fire, and probably close to the grate, for the sake of restoring warmth; violent reaction follows; the harmony of the system is disturbed, and the functions sustain at least temporary injury. The daily repetition of the disturbance tries the strongest constitutions severely, and, where there is predisposition to disease, active disorders follow. How much better to put a child into a swing, to toss him about, encourage him to use his voice, throw a ball along the floor and creep or run after it; all of which, and much more, may be done in a room properly warmed and ventilated.”—[*Scudder.*

WASHING AND BATHING.

Frequent bathing is not only conducive to health and cleanliness, but much suffering is often induced from the want of it; and in many diseases there is no remedy equal to the water-bath. Yet, not infrequently health is impaired and lives lost in consequence of its injudicious use. There are mothers who plunge their children into the bathtub daily, seemingly without regard to the dangerous consequences it is gradually producing—undermining their constitutions, and rapidly bringing them to premature graves, while their only reason for doing so may be that some of their neighbors or friends thus treat their children, and with apparent safety and advantage.

The child who has a strong constitution may be able to endure and even thrive under the use of these daily bathings, but the majority of children cannot endure them. In regard to the question of the necessary frequency of baths, we would observe that they must be regulated by the effects produced; though a general and safe rule is *twice* a week in summer, and *once* in winter; and the baths should be of tepid water until you learn from experience from the effects observed that cold water is more healthful, invigorating and agreeable to them. *They should be given between nine and twelve o'clock in the day.*

PURE AIR.

Above all things give your children abundance of pure air. There are more disease and death occasioned among children from breathing impure air in illy venti-

lated rooms and filthy apartments than from any other one cause. The ventilation is more defective usually in bed-chambers, in which of all other rooms it is important that the air should be pure. Some people ignorantly suppose that, if they open the window on one side of the room, *this* is all that is necessary to give admission to air that *this* will produce an action of the atmosphere throughout the room ; that it will admit fresh air and permit the egress of the foul, at one and the same time, through the same opening. Such an idea is absurd. There should be an opening for the ingress, and another for the egress of the air, in order to keep it pure and healthy. The substitution of fire-places for stoves would be a good acquisition to health.

If parents could once be made fully to understand and realize the importance of pure and abundant air to the life, health, cheerfulness and happiness of their little ones, and how much of bad temper, peevishness, irritability and half-sickness in their children, of seemingly mysterious origin, flow from the lack of this vital supply, we should soon see a change in this respect in all the houses of the land.

Another fatal error is that of crowding too many persons into the same sleeping apartment. A large majority of sleeping rooms, as now constructed, *should* contain but *one* occupant, and many of *these* are only adapted to animals of the lower orders, and not fit for human beings.

SLEEP OF INFANTS.

Regularity—They should be fed and put to bed at stated hours, as regularity is of the greatest importance in all matters pertaining to children.

No Rocking—When the time for sleep arrives, infants should be placed directly in their cot awake; the unnecessary and objectionable habit of rocking or nursing them to sleep in the arms should never be formed. Neither should ordinary footsteps, speaking or other moderate sounds be avoided, but the infant should be accustomed to sleep under such conditions.

Sleeping Medicines—All the so-called soothing remedies, syrups, cordials, spirits or sleeping-drops, should be strictly avoided; containing, as they do, to a greater or less extent, *opium*, in some of its forms. These sleeping mixtures inflict an incalculable amount of mischief on health, and largely swell the list of deaths in childhood.

Ventilation—Pure, fresh air is of extreme importance to children during sleep. Nurseries should be as spacious and airy as possible. The practice of shutting bed-room doors is objectionable, if the children can be protected from draught.

It seems hardly necessary to repeat the often-stated fact that a child of *any age* should never sleep with an adult. The mother should place her infant in a crib or bed, by the side of hers, and where she can easily reach it. Place it on its right side and make an occasional change of its position during the night, and do not fail to do this during the day as well as at night. These changes prevent cramping and rest the child. Infants are often cruelly treated, in this respect, by the thoughtless and negligent. On laying an infant down it should be ascertained that the feet and hands are comfortably warm, that every part of the body is supported, and that the limbs are not in a position to be cramped. It is best not to take up a child the instant it wakes, particularly if it has not long been asleep; nor if it cries on being laid down. Change of posture, a drink of

water, gentle rocking or slight patting on the back should be tried. Refreshment and change of diapers are needful at night, and these should be given very quietly. After the first three or four months the child, if suckled when the mother retires at night, will, if the management has been judicious, wake but once until morning. A child should never be kept awake when fatigued or tired, under the idea that it will rest better at night. Over-fatigue produces irritability, pain in the limbs, fretfulness and restlessness.

Beds—It is impossible to overestimate the importance of good beds, well and properly cared for, in all those cases where health, on account of previous sickness and suffering, is an important or essential consideration. The duty of regularly and thoroughly airing children's beds especially, as well as those of older people generally, is habitually and very sadly neglected. Immediately on the child's rising, every morning, the bed-clothing should be thrown back and left in this condition for some time before the bed is made.

CRADLE-BEDS.

The clothing of these should be perfectly clean, and free from *all offensive* odor. It is a *shame* and *disgrace*, as well as an unkindness and *cruelty* to the child, to permit, as some do, the clothing of the cradle-bed to become saturated with urine, and but partially dried, again and again, until it emits a *horrible* stench, and the infant is allowed to constantly breathe this intolerable

ble odor; and to add “insult to injury,” the poor babe is not unfrequently permitted to go to sleep *wet* and *filthy*, and remain in this condition for a whole night. With these facts before us, is it, we inquire, any wonder there is so much sickness among children? And can it not well be said that there would be many more pale, puny and sickly children had not many of these inherited hardy and poison-proof constitutions?

GENERAL MEASURES FOR THE CARE OF CHILDREN.

Crying—Mothers and nurses should attend strictly to the plaintive cries of their infant. By so doing they may be able to trace the first cause of illness, for an infant will never cry if it is in health and at ease. If it cries there is not much doubt that the nurse has been neglectful of her duty then and there, or at some previous time.

To permit an infant to “scream and cry” is more or less injurious, physically and mentally, and it should not be permitted.

Gentle Treatment—Allow no harsh or impetuous treatment of young children, either by scolding or striking them. And never provoke them to violent laughter, as it is likely to result in a fit or spasm; neither ought you to toss them in your arms over your head. Never expose the eyes of your child to the rays of the sun, or any other glaring light.

Frightening Children—Never, if it is possible to

prevent it, permit your child to be frightened at any unusual noise or sight; and if, by accident or otherwise, it has been thus exposed, take care that there shall be no repetition of it, as the child becomes more susceptible to fright at each succeeding alarm.

Ghost-Stories—Never be guilty of telling “ghost-stories” to your children, or allowing others to do so, nor of saying to them, for the purpose of deterring them from doing any act, that the “Black Man will catch them.”

Dark Rooms as Places of Punishment—Never send a child into a dark room, when it is afraid to go; besides being cruel, it is liable to produce serious results on the nervous system. A most reprehensible act, is to shut a child in a dark room or closet as a mode of punishment for its faults. Deplorable and sometimes dangerous consequences have followed, involving even the life of the child.

“Hush Up”—Never be guilty of punishing a child for an offense, and then, at once, hush up its cryings and sobbings, which are the natural outbursts of its little heart.

Day and Night-Clothing—Never permit your child to wear any articles of clothing at night which it wears during the day, nor to sleep the second time between the same sheets if it is sick and feverish.

Friction—When your child is young, rub its body night and morning, with your hand. Friction promotes the circulation of the blood, invigorates the skin and thereby strengthens the child.

LONGINGS OF THE BABY.

The following directions on this subject, from Mrs. Duffey, are exceedingly judicious; and the case she gives, in illustration, is well in point:

“Let no young mother be persuaded to try her babe with one article of food after another in the belief that, because it happens to put out its tongue occasionally, it wants something which it must certainly have, if the right thing can be found.

“‘Why,’ said one excellent woman, ‘I gave my babe a pickled bean to suck when he was only six weeks old, because he put out his tongue for it and wanted it.’

“‘Well,’ I replied, ‘I should judge from his present state of health that he had been fed upon pickled beans and things of a like appropriate character when he was a baby.’

“There might have been a slight touch of cruelty in the answer, but my excuse must be that I was exasperated beyond my powers of patience. There was, besides, such an opportunity for a retort; as the man who, as a babe, had sucked pickled beans, was a confirmed dyspeptic, dating back his sufferings as far at least as memory would carry him, and had probably never known a day of perfect health in his life.

CARE OF CHILDREN.

“**Attention to the Bowels**—A mother should carefully attend to the condition of her babe’s bowels. The actions should be of a bright-yellow color, inclining to

orange, and of the consistence of thick gruel. If they are slimy, curdled, green or too thin, it is an indication that the mother must make some change in her own diet.

“As soon as the babe is old enough to sit up with support, it should, the first thing after leaving the bed in the morning, be placed in an infant’s chair. This should be repeated several times during the day. The child will finally understand the purpose for which it is placed in the chair, and diapers can thenceforth be laid aside.”

CROUP (Trachietis).

Causes—This disease is caused by exposure to cold and damp weather, when the neck, shoulders and arms are not properly protected by clothing. Dr. Eberlie says that during a practice of six years in a German settlement he saw but one case, and that occurred in a family where the American style of dress had been adopted. Hot rooms and the confinement of children indoors are also fruitful causes of this affection. Thin shoes and stockings, especially with those kept in warm rooms, highly seasoned food and all stimulants tend to produce and aggravate it.

Symptoms—Fretfulness, feverishness, cold in the head, slight hoarseness, increasing towards evening and in the early night. Sometimes, however, without a single warning symptom, the child startles us in the night with a hoarse, ringing cough, which cannot be so de-

scribed as to be recognized, but which no one who has ever heard can fail to know again immediately. There seems to be a sense of suffocation evinced by a hurried, hoarse and hissing breathing, as if the air was drawn into the lungs and expelled through too small an opening in some instrument, which is the actual fact; for such an instrument is the accumulated phlegm in the windpipe. Great alarm, agitation and distress, with hot skin and frequent pulse, are common though not invariable symptoms. These are all worse at night, and it frequently happens that the patient is quite comfortable during the day. If the disease is neglected or does not yield to treatment, signs of prostration follow, the difficulty of breathing increases, seems to come on in paroxysms, while the face assumes a livid hue. The patient may die within twenty-four hours, or survive nine or ten days. When there is much fever and inflammation the tendency to the formation of false membrane is very slight; whereas, in cases that seem mild at the beginning, the disease often passes to the membranous stage unsuspected.

Spasmodic Croup is where there is a predominance of spasmodic symptoms. In this form the child may go to bed perfectly well, and in one or two hours be awakened with perfectly formed croup, hoarse voice, ringing cough and threatened suffocation which, if not relieved, will continue through the night, increasing in severity, but having a remission through the day. If taken early it may be relieved before there has been time for the false membrane to form.

Remedies—1. The blood-root is a very useful and valuable remedy in croup. It should be prepared for use in the following manner: Take two teaspoonfuls, finely pulverized, and one-half pint of equal parts of

vinegar and water; steep them for a few minutes, and give the patient from a teaspoonful to a tablespoonful, according to age, every fifteen to twenty minutes, until vomiting is produced. Some physicians recommend a teaspoonful of ipecac to be added, in order to increase its activity.

2. Coal-oil is another very excellent remedy for croup. It may be employed externally to the throat and chest; and at the same time give, internally, from two to ten drops, according to age, and repeat the dose every half-hour, until relief is obtained. This remedy has cured many children who were supposed to be in the last stage of the disease.

3. Onions, cut into thin slices, each sprinkled with a layer of sugar, soon yield a syrup; a teaspoonful of this sometimes gives speedy relief. Repeat every ten or fifteen minutes.

4. In the first stages of this disease onions are used very effectively in the following manner: Bruise them, uncooked, and apply in the form of a poultice to the chest and throat. At the same time give the patient the following: Take a piece of fresh lard, the size of a butternut, thoroughly rub with sugar and divide into three parts, to be given at intervals of twenty minutes. It will generally relieve any one of croup not yet past all aid.

5. The old remedy of alum and molasses is a good one. Take two parts of molasses and one of alum. Mix thoroughly, and give a teaspoonful every fifteen minutes, until vomiting occurs. With some patients, honey is preferable to molasses. In ordinary cases of croup, this is a sure cure.

Cox's hive-syrup is a favorite remedy with many. It is to be given in doses of from ten to twenty drops, at

intervals of fifteen to twenty minutes, according to the urgency of the case, until free vomiting is induced.

Dr. R. V. Pierce says, "The agent which I have found to manifest the most specific and remedial effect on this disease is an acetic syrup of blood-root, made by adding one teaspoonful of the crushed or powdered root to one gill of vinegar and four tablespoonfuls of white sugar. Heat this mixture to the boiling-point, strain and administer, while warm, from one-fourth to one teaspoonful every half-hour or hour, regulating the interval between doses by the urgency of the case. It should be given sufficiently often to keep up slight nausea, but not so as to produce vomiting. The patient's body should be frequently sponged with hot water, in which a sufficient quantity of salaratus or ordinary baking-soda has been dissolved to render it quite strongly alkaline. The tincture or fluid extract of veratrum should be administered to control the inflammation. Five drops to twenty teaspoonfuls of water, of which a teaspoonful may be given every hour, will be about the proper dose for a child one year old."

Very excellent results have often been secured by causing the child to inhale the vapor of slaking lime, as it acts to soften and loosen the membrane. This may be employed, with care, at any period of the disease. Water should be poured on a piece of quick-lime the size of an orange, and the child held so as to breathe freely the vapors arising from it. See page 455, vol. ii.

Accessory Treatment—During the treatment, everything likely to excite or irritate the patient should be avoided. He may have a partial or complete warm bath; his throat should be fomented by means of sponges or cloths squeezed out of *hot* water, and a compress or flannel applied to the part when not fomenting; the feet

and general surface of the body kept warm, and the air of the apartment raised to about 65° Fahr., and this temperature uniformly maintained by day and night. The air should also be *moist* as well as warm. Steam may be inhaled, either alone or mixed with the remedy that is being administered.

Diet and Regimen—During the attack, water is almost the only article admissible, and may be given in small, frequent quantities; when recovery sets in, milk and water, arrow-root, gruel, etc. In the case of delicate children, or when great weakness suddenly occurs during the course of the disease, it may be necessary to support the patient by essence of beef, wine and water, etc., which should be administered in small quantities, at regular and frequent intervals. In the case of an infant at the breast, the mother should adopt the dietetic suggestions elsewhere given. See “Diet for Nursing Mothers.”

MUMPS (Parotides).

This is an inflammatory swelling of the salivary glands beneath and in front of the ear, frequently with pain, soreness and difficulty in moving the jaws. The glands sometimes attain a very large size; the enlargement generally commences on one side, and as it diminishes shows itself on the other side.

Causes—A specific morbid miasm, generated during peculiar conditions of the atmosphere, which spreads by contagion. It often occurs as an epidemic, particularly in cold, damp weather; is more incident to children after

the fifth year than to adults ; and only occasionally attacks the same person twice. It is very infectious ; children take it from their mates and playfellows.

Symptoms—At first there is a feeling of stiffness and soreness on moving the jaw, and the child complains of the discomfort of eating ; indeed, the pain caused by eating or even drinking is sometimes agonizing. The glands under the ear soon begin to swell, and they continue to be sore and painful with more or less fever and headache, for about a week. There is little danger, although there are instances in which, from exposure to cold or from cold applications, the disease has been transmitted to the testicles in boys and to the breasts in girls.

General Measures—Great care is requisite that the patient be not exposed to sudden changes of temperature, or to damp and cold weather during the continuance of the mumps, and for several days after the disease has abated. It is also best to avoid active exercise and all stimulating drinks, during the same period.

Make no application over the swollen gland with the exception of a dry, warm handkerchief, a piece of flannel or of cotton batting. The diet should be light and free from stimulating condiments. No animal food should be allowed.

Remedies—If, during the progress of the complaint or after it abates, the testicles, or the breasts of the female become swollen, painful and inflamed, use a poultice of beans, boiled soft and mashed ; or one made of Indian meal or of slippery elm. When the pain and fever are severe, use tincture of aconite, five drops in half a tumblerful of water and, after stirring well, take two teaspoonfuls every three or four hours ; or drink freely of warm infusions of catnip or sage. Usually, however, in ordinary cases of this disease, no medical treatment of any

kind is required. Good nursing, with attention to diet, is all that will be necessary.

HOOPING-COUGH (Pertussis).

This is a disease of infancy and childhood, and one attack generally insures immunity for the rest of life.

Symptoms—Hooping-cough is generally preceded by a common cold, cough, feverishness, etc. After from seven to ten days of the catarrhal stage, the cough becomes louder, more prolonged, and assumes the characteristic hoop. Each paroxysm consists of a number of sudden, violent and short *expiratory* efforts or coughs, which expel so large an amount of air from the lungs that the patient appears on the point of suffocation; these forcible efforts are followed by a deep-drawn *inspiration*, in which a rush of air through the partially closed glottis gives rise to the distinctive crowing or hooping noise. This *hooping* is the signal of the patient's safety, for when suffocation does take place, it is before the *crowing inspiration* has been made. During the paroxysms the face becomes deeply red or black, and swells; the eyes protrude and are suffused with tears, and the expression and appearance of the sufferer are such as apparently indicate imminent suffocation.

The ropy kind of expectoration which follows the cough enables us to distinguish it from common cough, even before the hoop has been heard. Sometimes blood escapes from the nose, mouth and even from the ears, during the fits of coughing.

Remedies—1. For alleviating and shortening the attack of this disease, give freely of a tea made of the leaves, stems and tops of red clover.

2. A strong tea of chestnut-leaves is another admirable remedy for the same purpose; sweeten and give it five or six times a day, from day to day. The dry leaves may be found in drug-stores, but the green are the best when they can be procured.

3. The following is highly recommended: To three tablespoonfuls of thin syrup or molasses, add as much good whisky and a teaspoonful of the essence of peppermint, and of this give from ten drops to a teaspoonful, according to age, two or three times a day.

4. Some physicians think “there is nothing like asafœtida.” The tincture may be given in five to ten-drop doses, three times a day. Or, the asafœtida may be dissolved in a little whisky and given in like doses.

5. Take a porous plaster, cut in two equal parts, place one-half over the lungs and the other half between the shoulders. It reduces the cough, promotes expectoration and so much relieves patients suffering with whooping-cough that those who have used it recommend it in the highest terms.

Accessory Treatment—It is necessary to treat children with great consideration, and to overlook many of their faults; as violent emotions or fits of anger add to the severity and frequency of the paroxysms. Infants must be constantly watched, taken up as soon as a fit comes on, and placed in a favorable posture. *Friction* with olive-oil or simple liniment, over the chest and along the spine, for ten or fifteen minutes, morning and night, in a comfortably warm room without currents of air, is often of great efficacy. During fine, warm weather, the patient should be much in the open air, but damp, cold and ex-

posure to draughts should be strictly avoided. In obstinate cases and in convalescence, *change of air*, if only for a short distance, proves very beneficial. If possible, mountain or sea-air or pure country-air should be chosen, as it acts favorably by removing irritation of the nervous system and completing restoration.

The inhalation for a few minutes of the vapor which rises from lime used to purify gas has been found very beneficial in some cases.

Diet—Light, digestible food only, in moderate quantities, frequently given; in the convulsive stage, it should be highly nutritious. Toast and water, barley-water or gum-water are grateful and soothing; but a too exclusive slop-diet often aggravates the vomiting.

See page 457, vol. ii.

MEASLES.

Mode of Propagation—It is propagated or communicated, even after a considerable time has elapsed, by infected clothing, bedding, furniture or wall-paper. Infection only ceases when the peeling-off of the skin is quite complete, and when all the clothing and surroundings of the patient have been thoroughly disinfected. It is strongest during the eruptive stage, and especially at the early part of this stage.

Symptoms—After about ten to fourteen days, the period of incubation, the disease is ushered in with the symptoms of a *catarrh*—sneezing, running from the nose, red, swollen and watery eyes, a hoarse, harsh *cough*, languor and *fever*, which increase in intensity. About the fourth day of the illness, the *eruption* begins and appears in

three successive crops on the face and neck, on the body, and lastly on the legs. It is in the form of small circular spots, resembling flea-bites, which multiply and coalesce into blotches, slightly raised above the surrounding skin, so as to be felt, particularly on the face, which is often a good deal swollen. It is like raspberry in color, and turns white for an instant under pressure; a dark-purple is a bad sign. It is two or three days in coming out, and remains at least three days. The fever then abates, and a bran-like scurf is gradually thrown off the skin. As the rash declines, diarrhea sometimes occurs; this, unless very troublesome, should not be interfered with, as it is often beneficial.

Treatment—Very little medical treatment is required in mild cases of this disease. Cold drink ought to be used, not only during the fever, but while the eruption lasts; being one of nature's best remedies, it should never be denied the patient, under any circumstances, as indeed the craving thirst most plainly indicates; and to withhold it greatly increases the suffering and aggravates the disease.

Flax-seed tea is good to allay the cough. The feet and hands may be bathed two or three times a day if they burn.

When measles occurs before weaning, the infant may refuse to suck in consequence of the closure of the nasal passages; resort must then be had to artificial feeding with the spoon. *Cold* water, gum-water, barley-water, etc., are the best drinks. No stimulants. As the fever abates milk-diet may be given, gradually returning to more nourishing food. Should the eruption be imperfectly developed or strike in suddenly, the child should be put into a hot bath, or be packed in a blanket wrung out of hot water. *The clothing should be frequently changed.* A shawl or cur-

tain should be so suspended as to protect the eyes. A little fire, except in the very height of summer, should be kept in the room.

Take thrice a day some cracked wheat or boiled rice, with fruits, berries, bread and butter, sago, tapioca; keep comfortably warm; never by any possibility allow a feeling of chilliness or a draught of air; the room ought to be well ventilated; the most favorable circumstances for measles are a cool, well ventilated room and to keep warm in bed; for a chill or draught will strike the measles in, with liability to all the bad results named.

Great harm results in numberless cases from impatience to get out of doors; after the rash has disappeared it is better to avoid leaving the house for at least a week.

EARACHE.

Earache, in some instances, is attended by an excessive throbbing pain in the ear. The pain, however, is sometimes very mild, and goes off without the aid of medicine.

But the more violent forms of this disease are attended with excruciating, throbbing pains, delirium and sometimes convulsions.

Causes—An inflammation of the ear is commonly brought on by exposing the ear to a partial current of air. It may arise from cutting the hair of the head very short, particularly in cold weather, or any exposure.

Remedies—1. The ear should be carefully examined, to determine if there be any foreign bodies in it that may provoke the difficulty, the removal of which

will relieve at once. If nothing of this kind is discovered, we may know it to result from a cold, and proceed as follows: Heat a brick or stone, wrap it in a wet towel and place to the ear, heating and sweating it freely. At the same time, put a few drops of equal parts of warm sweet-oil and glycerine into the ear.

2. Take one teaspoonful each of the juice of grated onion and blood-beet. Mix and drop three or four drops in the ear warm, and use it often. If the pain is very great, moisten cotton with the same, and put it in the ear every ten minutes. It seldom fails to give instant relief.

3. Take as much black-pepper as will lie on a five-cent piece, and put it in a small roll of cotton-batting. Wrap it tightly. Dip it into sweet oil and insert it into the ear, with a little cotton over it. After which bandage the head. Almost immediate relief will generally be experienced.

4. Two parts of sweet-oil and one of the juice of garlic will very soon relieve this troublesome affection. Apply by putting a few drops in a warm teaspoon and dropping it into the ear. Then close it with cotton or wool.

5. Another good remedy, or treatment, is to fill a clay-pipe with tobacco, light it and draw a thin cloth over the top of the bowl; now place the end of the stem in the ear as far as it will go without pain, and place the mouth on the pipe-bowl, and gently but thoroughly force the warm smoke into the ear, continuing it for several minutes, and repeating as often as it is necessary. This nearly always gives immediate relief.

6. Arnica is a specific for earache. A few drops—five or six—on cotton, previously moistened with warm water and put into the ear, will not fail to cure earache.

If used in time it will subdue inflammation and prevent gathering in the ear, which is so distressing and so dangerous to the hearing.

Discharges from the Ear—If the ear gathers and discharges it should be kept clean by syringing, with warm water, from day to day. After each application of water use the sweet oil, as above directed.

A great deal of injury is done by attentive mothers and nurses, who think the ears of children require to be cleaned out, by inserting into them the “twisted corner” of a towel.

In young children, especially, the use of the syringe requires considerable care, on account of the tenderness of the parts; it is therefore best not to employ it.

The child should lie down on the side opposite the diseased ear, and this should be then filled with the lotion, by simply pouring it in. After it has remained for two or three minutes, the child may be turned and let it run out. White-oak-bark tea is a good lotion for this purpose, so is alum-water—one teaspoonful, powdered, to one pint of water. These lotions or washes should be used three or four times a day, in the manner prescribed, and attention given to the general health of the child.

Humming or Buzzing in the Ears—This arises from congestion, or a too great amount of blood about the organs of hearing. When large amounts of quinine are taken, a troublesome ringing in the ears is the result; but it disappears in time. It is a result also of nervous debility, and there is no relief but in the removal of that difficulty.

INCONTINENCE OF URINE—WETTING THE BED (Enuresis).

This is a frequent and troublesome affection of children; not a disease in itself, but a symptom dependent upon causes often difficult to detect; it may consist of partial or complete loss of power to retain the urine. The most common form is wetting the bed; in rare cases the child may have an almost incessant urging to pass water which, if not responded to, results in a painless, involuntary discharge. If the child be troubled with a cough, the inconvenience is much increased, as during each paroxysm the urine is apt to escape. The affection is most common in children from three or four to fourteen or sixteen years of age, and is most frequent at night.

Causes—Irritation of the bladder *from worms*; scrofulous or syphilitic constitution; too large a quantity of warm fluids in the evening; food or drink causing an acid state of the urine, which irritates the mucous coats of the bladder; stone in the bladder; tumors, etc.

Remedies—Lime-water or bicarbonate of soda (baking-soda), three grains, three times a day, with mild, bitter tonics, as a tea made of Peruvian bark, etc., may be employed; and, at the same time, keep the bowels free and improve the digestion.

The *uva ursi* is also used with good effect: Take a handful of the leaves, and pour half a pint of boiling water over them. Give half a teacupful three times a day. And for small children, give half that quantity, or less, according to age.

It has recently been discovered that the tincture or decoction of the rush is one of the most important remedies known for incontinence of urine. Prof. Hale, of Chicago, reports various cases, three of which occurred

in the same family, all promptly cured with it in the course of a week. Mothers, who are so frequently troubled by their children wetting the bed, will be gratified to learn this fact. The plant is common to all parts of the country. The tincture can be made by adding alcohol to the herb. See "Tinctures." The decoction is made of the tops or stems. Dose of the tincture, ten drops, four times a day. It may be mixed in water.

In those cases in which the incontinence is owing to irritation of the bladder, the cause of the irritation will have to be removed before any permanent benefit can be expected. Much relief, however, may be derived from the following pleasant remedy, and it will frequently effect cures: Take of isinglass one roll; boil it in one pint of water until it is dissolved; then strain, and add one pint of sweet milk; put it again over the fire and let it just boil; then sweeten with sugar and grate nutmeg upon it. An adult may take of this a tumblerful three or four times a day.

The tincture of cantharides, one or two drops three times a day, will eventually relieve the difficulty.

Accessory Treatment—As incontinence of urine is generally the result of disease, medical and general treatment, which must be entirely regulated by the cause, are necessary to correct the annoyance. All salt, sharp and sour articles of food, malt liquors, spirits, tea and coffee should be avoided. Meat may be eaten in moderate quantities, but only a small quantity of fruit, and no flatulent food. Nothing *hot* should be taken in the after part of the day. Simple water, milk and water and cocoa are the most suitable beverages. Cold water or mucilaginous drinks in moderation tend to diminish the acrid properties of the urine. The mother or nurse should be quite certain that the child fully empties its

bladder before getting into bed, as a child very tired or sleepy is apt to shirk this. Until the cause is removed, the child should be taken up once or twice in the night to urinate. It should sleep on a hard mattress, with light clothing, and not be permitted to lie on its back; this may be prevented by fixing an empty cotton-spool so that on turning on its back the spool may press into the muscles. At bedtime an occasional warm bath at 90° to 98° Fahr., or a warm sitz-bath, is often of great value in this disease, and greatly contributes to the success of the general treatment. Sponging the lower part of the back with hot water at bedtime is said to cure some cases of incontinence in children. Patients should take much open-air exercise and regular baths: the whole process, including drying with a large towel or sheet, should not occupy more than a few minutes.

Children troubled with nocturnal incontinence should be prevented from falling into a morbidly profound sleep, as it is then that the discharge of urine occurs. Heavy sleep may be obviated by waking the patient about the second hour of sleep.

Corporal punishment will work no cure. The fear of it increases the tendency to urinate in the case of nervous children. It should only be resorted to when incontinence is the result of an indolent habit of neglecting the natural desire.

CHOLERA-INFANTUM.

This affection is common with children under three years of age. Vomiting and purging, more or less severe, are the prominent symptoms at the commencement

of the disease. After a few days the vomiting may cease and the diarrhea continue. In very severe cases the patient may die within twenty-four or forty-eight hours, but milder cases may last for weeks. Rapid emaciation, sunken eyes and great debility soon result, and sleepiness, stupor and symptoms of disease of the brain are apt to ensue in severe cases.

Remedies—1. After removing the skin from ripe tomatoes, add sugar until they are palatable. Give the patient one teaspoonful every half-hour or hour, until relief is perceptible; after which repeat the dose every two or three hours, according to the urgency of the symptoms. It is seldom twenty-four hours will elapse before the remedy can be discontinued.

2. Add one teaspoonful of unslaked lime to a pint of water, and of this give a teaspoonful three times a day. In severe cases it should be given every three or four hours. If this remedy is used in time it will check this disease without the use of any other medicine.

3. Take, of

Rhubarb (pulverized).....	2 scruples.
Salaratus do.	2 “
Peppermint plant (pulverized).....	2 “

Add a half-pint of boiling water and sweeten with loaf-sugar. Dose, one teaspoonful every one, two or three hours, according to the urgency of the symptoms. Its operation and action appear to be specific, or almost infallible; and not only for cholera-infantum, but all other bowel-difficulties.

A strong infusion of the knot-grass, or of chamomile, blackberry-root or raspberry-leaves will often relieve this affection. If the child is sick at the stomach drinks, especially cold water, should be withheld until the stomach becomes quiet and the child ceases to vomit. A

good remedy to settle the stomach is peach-leaves or twigs, well bruised. Cover them with cold water. Of this, give the patient a teaspoonful every twenty minutes. This will often arrest the vomiting, and the patient, in a few hours, will be entirely relieved.

SCALD-HEAD (*Tinea Capitis*).

This disease consists in a chronic inflammation of the skin of the head, productive of a secretion of matter peculiar in its nature, and capable of propagating the complaint if applied to the head of a healthy subject. At first the eruption is confined to only a small portion of the head; but by degrees its acrimony is extended to the neighboring parts, and at length the whole of the scalp is beset with a scabby eruption.

Children principally are affected with it. It may arise from uncleanness, the want of a due proportion of wholesome, nutritive food, and possibly from bad nursing: at any rate these will very much aggravate the disease. In many instances it is propagated by contagion, either by using a comb imbued with the matter from the head of a person laboring under it, or by putting on his hat or cap.

Remedies—The head must be dressed every day in the following manner: After washing clean with mild soapsuds, it must be then washed with lime-water, made by slaking a piece of lime, of the size of a hen's egg, in a quart of water. In ordinary cases this will cure without additional remedies.

In the season of the year when it can be obtained take green rye, when about eight to twelve inches high, and stew it into a salve with fresh cream. Apply this to the head every morning and evening till cured. Always wash the head with Castile-soapsuds, and dry it each time before using the salve.

Simply sprinkling the head with powdered charcoal after washing has proved highly efficacious in scald-head; and drinking a tea of yellow-dock root, yellow parilla or sassafras, may be regarded as a valuable remedy.

In inveterate cases use the following: First, oil the head once daily for two or three days; then, with Castile soap and water, wash the head thoroughly and remove, as far as possible, every crust or scab; and, when dry, cover every part of the head with common tar. Then wear an ordinary night-cap. The hair should be cut as close as possible before putting on the oil. In three or four weeks the tar will nearly always peel off, leaving the head (scalp) smooth, clean and entirely free from the disease. No other treatment will be necessary.

Accessory Measures—Pure, soft water is an agent of great value, and in the first stages of this disease the only remedy required. Hard water is irritating, and when rain-water cannot be obtained, it may be softened by boiling and the addition of bran, flour or other mucilaginous material, which further abstracts the lime-salts.

Great cleanliness is requisite. General baths and friction, to promote the healthy action of the skin, are of great service. The water should be soft. For this purpose also, care should be taken not to spread the disease in washing. The diet should be wholesome and nutritive, avoiding salted meats and fish.

SUMMER-COMPLAINT, OR INFANTILE DIARRHEA.

Causes—The circumstances which may develop an attack of summer-complaint are numerous, and their detection often necessitates much care, but as the cause generally influences the treatment, it should always be investigated. The most fruitful source of this disease is *improper food*, especially farinaceous or flour and meal-food, which is often most unwisely given almost as soon as the ability to swallow exists. The constant passage of these indigestible, starchy masses along the intestinal canal causes irritation to the sensitive mucous lining, which sooner or later expresses itself in diarrhea. *Sour milk* is a frequent cause, especially among the poor. So is an inferior quality of maternal milk, such as of women in whom the monthly period has returned, or whose milk is otherwise deprived of its nourishment. Sugar is also hurtful, particularly when given too freely in milk when the mother is unable to nurse. When the milk is unsuitable the stools first resemble chopped eggs, and afterwards bad eggs; and the child suffers much from wind and colic, emitting flatulence which smells like rotten eggs. Dr. Lade says “He finds the milk of the cow, without the addition of sugar, preferable to the two together.” One of the earliest causes of this disorder, as the same gentleman points out, is the highly reprehensible practice of some nurses giving castor-oil or butter and sugar, soon after the baby is born. *Foul air* and *contaminated water*, the inevitable results of filth and overcrowding, are causes of an obstinate form of diarrhea. In fact, diarrhea and infantile mortality are largely augmented by neglect of efficient sanitary measures, especially the effluvia or emanations from drains or

decaying vegetables and other refuse, which may pollute the air and food and set up irritation.

Further, heat and other atmospheric conditions, especially in summer and autumn, exercise a prejudicial influence, and directly tend to develop or increase an attack of diarrhea.

Symptoms—These vary extremely, even in recent and acute attacks, from a slight, painless increase in the quantity, frequency and altered consistence of the normal evacuations, to violent, painful and frequent purging; liquid evacuations, perhaps several times every hour, being ejected with spasmodic force. In the latter case the stools are green or spinach-like, resembling those produced by administration of mercury, but assume a yellow appearance during recovery. Frequently they contain the casein of undigested milk in the form of numerous white specks. In the more severe stage, they are sometimes streaked with blood and mixed with mucus. There are also generally sickness, thirst and an interruption in the nutritive processes. Acute diarrhea rapidly reduces the firmness of the muscles, and, if the drain be severe, in two or three days there is a marked loss of flesh and strength. The eyes are sunken, the features pinched and livid, the pulse rapid, feeble and nearly imperceptible, and the extremities cold and shrunken. On the other hand, after the cessation of an acute attack, the lost flesh and vigor are quickly regained, and the child soon recovers its wonted color and spirits.

Slight attacks may be left to themselves; the relaxation may be beneficial, effect its own cure and cease spontaneously in a day or two. As soon, however, as it begins to pass the limits of health and act injuriously, remedial and corrective measures should be instituted; but by

all means avoid Godfrey's cordial, soothing-syrups and the so-called carminatives.

Remedies—1. A tea made of the common rag-weed is a very effective remedy in this disease, and in many instances the only medicine needed. The tea or decoction should be given freely three times a day.

2. Take equal parts of blackberry and raspberry-leaves and make a tea of them. Sweeten with white sugar and of this give the patient freely, four or five times a day. It is an old remedy, nevertheless a very good one. In case the leaves of both cannot be obtained, either one alone may be sufficient; or a tea of the root can be employed when the leaves cannot be obtained.

3. Lime-water has proved effective in this disease in cases where all other means had failed. It is prepared by adding one teaspoonful of unslaked lime to one pint of water. Give it in doses of one teaspoonful three times a day.

4. Benne-leaves are highly recommended by many physicians for the bowel-complaints of children, as well as for the same complaint in adults. Soak two or three leaves of the fresh plant in a pint of cold water for a few hours; then use it for a drink. Children readily take it without discovering anything unpleasant about it. These leaves can be procured at drug-stores.

The tincture of rhubarb, in doses of from ten to thirty drops, according to age of child, will be certain to afford relief in ordinary cases.

If there is greenness about the stools, a little lime-water added to the infant's food will correct the acidity of the stomach.

5. Take, of

Rhubarb, pulverized.....	} equal parts.
Saleratus. do.	
Peppermint plant, pulverized.....	

To a large teaspoonful add half a pint of boiling water; when cool, strain and sweeten with loaf-sugar.

Dose, one or two tablespoonfuls every quarter, half or one or two hours, according to symptoms.

This is one of the most valuable preparations known for cholera-morbus, cholera-infantum or summer-complaint of children, diarrhea, dysentery, etc. Its operation and action appear to be specific, if not infallible. It is excellent for pregnant women, to allay sickness and regulate the bowels.

The above is what is known as the "Neutralizing Mixture, or Cordial."

6. Another excellent remedy in the summer-complaint of children is the following: Take a handful of the leaves (green or dry) of spearmint: pour on them one pint of hot water; let it stand in a warm place for an hour; strain and add half a teaspoonful of bicarbonate or baking-soda. Dose, to an infant, one teaspoonful every three or four hours.

To Prevent Summer-Complaint in Children—Let them drink freely of slippery-elm water. A little of the powdered bark, boiled in milk, is an excellent diet for children in summer-complaint.

Chronic Form—1. Take one pound of the bark of the root of the blackberry, well cleansed, and a suitable quantity of water. Boil two or three hours. Strain. Add a pound or more of loaf-sugar, or enough to preserve the mixture from becoming sour.

Dose, a tablespoonful three times a day, fasting. If it does not arrest the disease after taking it a few days, gradually increase the dose as the stomach can bear it.

This is a very valuable syrup in bowel-complaints, particularly the chronic form. It will effect a cure when

every other means fails. It appears to possess specific virtues, different from all other vegetables.

2. An excellent remedy and useful for the same purposes, especially for children, may be made of the ripe blackberries. Take, say one quart of the berries; mash; add one ounce of crushed cinnamon-bark; one ounce of cloves, crushed, and one pint of water; simmer slowly for an hour or two, then strain; add one-half pound of loaf-sugar; simmer till there is but about one pint. Dose, for children, one to two teaspoonfuls, repeated after every discharge.

3. Take a tumblerful of cold water and stir into it wheat-flour until it becomes about the consistency of thick cream, and then drink. A grown person should take this at once, and repeat three times a day; but for a child, a tumblerful, or even less, would be enough, to be taken at different times during the day. It is said to be infallible.

“A decoction of the sweet-gum bark (where that article can be had) is also an admirable remedy in this, as well as most forms of bowel-complaints. Take a handful of the inner bark (fresh from the tree is as good as the dry), boil in a quart of water down to a pint; it may be sweetened with white sugar, and a little brandy added; take in doses of one or two tablespoonfuls to half a teacupful, according to age of the patient.”—[Gunn.

A decoction of geranium or crane's bill may be given in doses of a fourth to a half-teacupful, and repeated three or four times during the day. For children, a very good plan is to boil the root in sweet milk, and sweeten with white sugar. This is a splendid remedy for the summer-complaint, and may be given freely.

Accessory Treatment—In the first place, an attempt should be made to correct the discharge, even in

its mild form, by the *removal of its cause*. In the majority of cases we believe this will be found in the diet. Farinaceous (flour and meal) food, which should not as a rule be given until after the teeth have appeared, is a common cause of bowel-difficulties.

Should a substitute for the mother's milk be necessary, the best is cow's milk with the addition of *sugar-of-milk*, as recommended under the article entitled the "First Six Months."

Lime-water in some cases may be substituted for sugar-of-milk, and added in the proportion of a tablespoonful to a feeding-bottle which holds about one-third of a pint. In addition to its nutritive value, lime-water tends to keep the milk sweet. The temperature of food is also very important; it should be given cold, or even iced in feverish states. Cold milk and lime-water will often suffice to arrest an attack, when warm would be wholly useless. When sickness is superadded to the diarrhea, and is troublesome, all preparations of milk may have to be suspended for a few hours and whey, veal-broth or barley-water substituted; and this again followed by beef-tea, or other kind of animal broth. The application of a broad flannel bandage to the abdomen, particularly during teething, is very serviceable and expedites a cure. It should extend from the waist over the hips.

The feet and abdomen should be kept warm. Cleanliness and fresh air aid recovery. Except in severe cases, children should be taken out of doors for short intervals, properly protected from atmospheric changes.

Chronic infantile diarrhea is generally much milder than the acute, but none the less grave on that account. Indeed, the commencement is often so insidious that this serious derangement is overlooked till the loss of flesh

and strength is so far advanced as to force a conviction that some secret disease has been undermining the system. In this insidious form, fever is absent from the first; the evacuations may be three or four daily, about the color and consistence of putty, and accompanied with pain and straining. The discharges consist partly of undigested food, and when there is violent straining, of mucus and even blood from small vessels ruptured by the severity of the straining. The motions often smell sour and offensive, while the child looks dull and pale, but otherwise well. This form of diarrhea may continue for weeks, or even months; the additional symptoms being loss of flesh, color and activity. At length more decided symptoms set in; the stools becoming watery, slimy, clay-colored or grass-green, having an increasingly offensive odor. At this stage variations are almost constant, often coincident with atmospheric changes. The emaciation advances; the food, eagerly taken, seems to pass through the child immediately in an undigested state; the child lies listless and helpless or cries plaintively, and draws up its legs from the accumulation of gas in the abdomen.

The skin is now dry and harsh, the features old and pinched, the bones projecting, and the child appears a mere skeleton, loosely covered with flaccid skin. The appetite becomes varied or is altogether absent; the stools become excessively frequent—fifteen or twenty in the twenty-four hours; thrush, soreness of the buttocks and death may shortly supervene.

From the poverty and thinness of the blood the feet, fingers and eyelids may swell; or effusions may take place in the lungs. Eruptive fevers are very liable to occur, or convulsions or stupor may precede death. Should the stools, however, become more solid and colored with bile; should the patient also assume a more active, fretful

and tearful temperament, hopes of recovery may be entertained. Diminished fetor of the stools, constipation following the relaxation and increase of flesh and strength, are additional grounds for anticipating a favorable termination of the disease.

Causes—Chronic diarrhea is generally traceable to three sets of causes, viz., disregard of the laws of health, atmospheric influences and improperly treated acute disease.

The younger the child, the more easily is it impressed by neglect of cleanliness, want of proper food, fresh air and sunlight; and the more essential to recovery is its removal from the influence of these causes. The reprehensible practice of giving newly born infants castor-oil and sugar and butter by ignorant and old-fashioned nurses, is also a frequent cause of diarrhea, vomiting and indigestion. Chilling of the surface of the body is another frequent cause of chronic diarrhea. As this cause may be obviated, we would impress upon all mothers the necessity of protecting their children, especially if at all delicate, from the inclemencies of the weather.

The acute disorders of which this form of diarrhea is a common result are—measles, small pox, scarlatina, inflammation of the lungs, typhoid fever, croup, bronchitis and pleurisy. Inflammation of the large bowel, when the actions assume a dysenteric form, and ulceration of the mucous membrane of the small intestines, are also causes.

If the disease dates from a few days of the child's birth, or if its commencement coincide with weaning or the use of unsuitable food, it is probably a simple catarrh of the bowels. In this species of chronic diarrhea the temperature is *lower* than in health. When derangement follows an acute disease, there is generally fever, pain in

the abdomen, languor and frequently vomiting. These symptoms slowly subside, and leave the case one of chronic diarrhea, such as we have already described.

Consumption of the bowels is one of the most formidable causes of chronic diarrhea, and may always be suspected when, without the irritation of teething, there is a persistent *elevation of temperature* in the evening. When the diarrhea shows traces of blood and the abdomen is very tender to pressure, *ulceration* of the mucous membrane of the intestine is probably present.

The graver forms are those following inflammatory diseases, or when the stools are greenish matter, like chopped spinach, or brown, fetid, dirty fluid and mixed with purulent mucus and blood. Dry and rough tongue, thrush or dropsy are very unfavorable symptoms. Great tenderness of the abdomen on pressure is also of serious import. On the other hand, if the motions become thicker and more uniform (homogeneous), even though they continue very offensive, a favorable result may be anticipated. Amongst the additional favorable signs may be included—continuance of the natural progress of dentition, or teething, the appearance of tears, and the occurrence of any eruption upon the child's body, even although the diarrhea may not at the time have undergone any visible improvement.

Accessory Treatment—In the case of infants, milk and water, without sugar, is the best of all food; but where it does not agree Neave's food may be tried. In some few cases animal broths are efficacious. In older children, old rice, freshly cooked in milk, is excellent. Mutton, chicken, game, pigeon, white fish, etc., are generally advantageous if not overdone. Raw eggs beaten up or eggs lightly boiled, and other nutritious kinds of food are necessary. Friction over the spine and whole

body is necessary. An abdominal belt of flannel is often efficacious. As suggested under "Causes," children should be protected against atmospheric changes by warm clothing. Lastly, change of air is often necessary and promptly curative. If no other end be served, it may remove the little patient out of the range of some undetected and unthought-of cause of the disease, which exists in the air or water.

SIMPLE VOMITING.

The vomiting of infants may be divided conveniently for our purpose into two kinds, simple and chronic, the former being most common.

When the milk is rejected immediately after nursing or feeding, the milk being curdled, it is of the simple variety, and is caused either by too frequent feeding or over-distention of the stomach. Vomiting of uncurdled milk indicates debility of the stomach, and requires a carefully regulated diet, smaller quantities of food at a time, and at shorter intervals.

Causes—Repletion ; improper or badly prepared food ; premature weaning ; the use of starchy food before the child is able to digest it. Wet nurses unable fully to supply the wants of the suckling have been known to supplement the breast-milk by arrow-root, corn-flour and other indigestible food, to meet the deficiency. In such cases the use of the microscope reveals starch granules, and thus enables us to detect the cause of the derangement. Impure air, too little sunlight, want of cleanliness

and other bad hygienic conditions are fertile sources of vomiting. The crowding of a whole family in one room, or the crowding of many children in a small, badly ventilated, ill-lighted and cold room is not an uncommon cause of the derangement.

Treatment—A change of diet is generally necessary in hand-fed or weaned children, and a change of the mother's diet or of her habits, in case of those who are fed by the breast. Suckling infants should be nursed at regular periods, and not permitted to suck too long at one time, the amount permitted to be swallowed being regulated by the previous meal. If that has been rejected, the quantity at the next must be lessened. In some cases the child should have a wet nurse or be fed with *sugar of milk*, as elsewhere directed, or with cow's milk and lime-water, given in such quantities as can be retained. In the case of older children much care is often necessary. When a disposition to sickness has been excited, the stomach will only bear small quantities of food at a time—very much smaller than are commonly given; while warm food is sometimes much better tolerated than cold. Small pieces of ice placed on the tongue tend to allay vomiting, and are usually very grateful to the little patient. After vomiting, it is better to make no attempt for an hour or two to give any kind of food or drink. After some rest, a teaspoonful of cold water may be given, and followed in ten or fifteen minutes by a very little cold milk and water, or whatever else may be suitable. Another point of considerable importance during sickness, is to avoid moving the child hastily or roughly in giving it food, or raising it more than is absolutely necessary out of the lying posture.

After the child is a week or two old, during favorable weather, abundance of pure, open air and sunlight will improve the tone of the digestive organs. Even as soon

as the infant is one or two weeks old, it may be taken out of doors. Strict cleanliness is necessary, and the whole body should be sponged at least once a day in cold or tepid water. The child should be warmly clad, the feet especially being kept warm.

CHRONIC VOMITING.

Symptoms—Chronic vomiting generally comes on slowly and *without* fever, differing in these respects from common, simple vomiting, which is accompanied by heat of skin, thirst and a loaded tongue. At first the child vomits, at irregular intervals, curdled milk of a strong, sour smell, showing by its yellow or green tinge the presence of bile. After a time the matters vomited look like clear water mixed with food. The belly is full, hard and tender; sour or fetid eructations occur, and the bowels are obstinately constipated. The child grows thin, pale and fretful. Occasionally diarrhea intervenes, then leaves the bowels as obstinate as ever; the stools being passed with great difficulty, and consisting of light-colored, hard, round lumps, covered with tough mucus. The tongue is now coated with dirty-yellow fur and dry; the breath smells sour; the lips are red and lack moisture; the mouth is clammy and parched, and the lips appear to project.

This condition may continue for weeks or even months, slowly passing into the next stage, when vomiting occurs much more frequently, and is occasioned by the slightest movement. The milk is rejected *uncurdled*; emaciation progresses rapidly, the skin becomes harsh, dry and flac-

cid, the features pointed, and the knees are drawn up on the abdomen.

The temperature sinks very low, the child lies with the eyes half-closed in a semi-stupor; thrush appears, and the worn-out sufferer sinks to rest.

Causes—Too early weaning; the premature use of starchy kinds of food; and other conditions enumerated under “Chronic Diarrhea.”

Treatment—Due care should be at once taken that the child is properly clothed and fed. The clothing should be sufficient to secure comfortable warmth. If it has been prematurely weaned and it is impossible to procure a suitable wet nurse, the child should have sugar-of-milk food, equal parts of fresh cow’s milk and water; or fresh whey and cream (one tablespoonful of cream, two of whey and two of hot water). In obstinate vomiting, the food should be given cold or cool. Much injury often results from careless nurses giving food too hot. The body of the child should be sponged twice a day with tepid water, and afterwards rubbed with olive-oil. The greatest cleanliness should be observed, and all vomited matters or soiled clothes removed immediately.

In case of extreme prostration, cold beef-tea may be given in small quantities, frequently repeated. For this purpose the *beef-tea* may be prepared as follows: To a pint of *cold* water add a pinch of salt and one drop of *muriatic acid*; cut up fine eight or ten ounces of lean beef, and stir among the liquid. In an hour strain with gentle pressure through a fine cloth or hair-sieve. For children over twelve months old, the whites of one or two eggs may be thoroughly mixed with the liquor.

RED-GUM, TOOTH-RASH (Strophulus).

Varieties--Strophulus may be red or white. *Red-gum* begins as red blotches, each slightly elevated in the center: the redness soon fades, and the central elevation enlarges and forms a flattened pimple. They occur on the face, neck, arms and may even extend over the whole body. *White-gum* consists of pearly, white, opaque pimples, smaller than the preceding—about the size of a pin's head, usually on the face and arms.

Cause—The appearance of this disease, as of nettle-rash, on the body of an infant is certain evidence of *unsuitable diet*, and of derangement of the digestive functions. It is also most frequent in children who are kept too much in hot rooms, and excluded from the fresh air.

Remedies—1. Little or no medical treatment is required for this disease, which usually occurs a few days after birth. Should any seem necessary, the child may be given a weak infusion or tea of camomile, a half or a teaspoonful every three or four hours, until the difficulty is removed.

2. Another simple and effective remedy is spearmint-tea; a lump of baking-soda of the size of a common bean should be dissolved in a teacupful of it. Give a teaspoonful three or four times a day.

Accessory Treatment—The regulation of the diet; abundance of fresh air; clothing sufficient to protect the body from cold, and at the same time permit of the free access of air to the skin; and daily use of the bath. Favorable hygienic conditions are necessary in every case, or medicine will prove inefficient. An argument in favor of these measures may be adduced from the fact that, since they have been more generally adopted, and children kept less artificially heated and more freely exposed to

fresh air, cases of strophulus and of nettle-rash have largely disappeared.

THRUSH—SORE MOUTH (Aphthae).

Causes—Unhealthy character of or insufficient breast-milk, unsuitable quality or quantity of food given to infants fed with the bottle or spoon, neglect of general cleanliness, bad drainage, etc. A scrofulous constitution may operate as a *predisposing* cause. The disease also occurs during the course of measles, typhoid fever and consumption; it is then generally indicative of an early fatal termination.

Symptoms—There is generally some fever; the child is fretful, often refuses the breast on account of pain experienced in sucking; there are usually vomiting and a thin, watery diarrhea, caused by deranged intestinal secretions. The local symptoms consist of innumerable white specks, like little bits of curd, which are sometimes so connected as to form a continuous, dirty, diphtheria-like covering over the tongue, gums, palate and inside of the cheeks and lips. In severe cases “cankers” line the whole interior of the mouth, and extend even to the throat and down the gullet.

Remedies—Borax has a specific power over this affection, and will alone cure it if limited to the mouth. The mouth may also be washed with a weak solution of *borax* (one-half a teaspoonful to four tablespoonfuls of water) in which three or four drops of strong carbolic acid are mixed, by means of a soft brush. Or *borax* and

glycerine may be used, half a drachm of the former to one ounce of the latter. The infant will swallow sufficient for a dose each time the solution is used.

In using the borax alone, dissolve a piece as large as a pea in a teacupful of water; wash the mouth three times a day with this solution, by means of a soft brush. Before using the lotion the mouth should be well cleansed with a piece of linen rag squeezed out of warm water; or powdered lump-sugar and borax, put dry in the mouth, is an excellent remedy; also, a tea of the berries of the sumach is considered good in this disease.

The golden seal, used in the form of a decoction or tea, sweetened with honey, often answers a good purpose to wash or gargle the mouth, and frequently effects a cure.

Also, a piece of alum, the size of a bean, dissolved in a half-teacupful of soft water and applied three or four times a day, is a useful and often effective remedy, especially in the milder forms of the disease.

The blue-cohosh root, made into a decoction with golden seal and sweetened with honey, is highly spoken of by eminent physicians as a superior preparation for thrush. It should be applied to the ulcerated parts by means of soft lint moistened with the liquid.

Says a physician, "Among the vegetable productions of our country perhaps none excels the *wild turnip*, finely pulverized and rubbed into a paste with a little honey, which should be placed in small quantities on the infant's tongue, and often repeated, to have it spread through the mouth."

The remedies given under "Canker-Sore Mouth"—which see—are applicable to this disease.

Accessory Treatment—A point of first consideration is *suitable diet*. If thrush be distinctly traceable to

any disease in the mother which cannot be quickly cured, the infant should be at once provided with a wet nurse, or weaned and fed with *sugar-of-milk* or cow's milk diluted with water.

Prevention—Every variety of starch-food is unsuitable for an infant, and no food but breast-milk, sugar-of-milk or cow's-milk diluted should be used. Cane-sugar, which speedily ferments and is favorable to the development of the disease, is not to be allowed. Strict cleanliness is particularly necessary. After each meal the mouth should be washed, to prevent the accumulation of milk about the gums. This simple measure will often prevent the appearance of thrush. In like manner, the mother's nipple should be cleansed each time after giving it to the infant. Well ventilated rooms and abundance of out-of-door air, every day, in suitable weather, will prove of extreme value, rendering the secretions more healthy and raising the tone of the general system.

MILK-CRUST (Eczema).

This is an inflammation of the skin, characterized by more or less superficial redness and closely packed vesicles, not larger than a pin's head; these run together, burst and exude a starch-like fluid, which dries up and forms thin, yellow crusts. The discharge has the property, when dried, of stiffening linen, which distinguishes it from other skin diseases.

Causes—Hereditary tendency; the sun's rays; heat; cold; stockings dyed with aniline; improper food; frie-

tion; irritation of clothes wet with urine; the local application of sugar, lime, coarse soap, soda or Croton-oil; poor health of the mother during nursing. It is also caused by her irregular and improper diet during the same time. When it occurs in early infancy, the navel is generally its first site.

Symptoms—The little patient is usually pale, thin, pasty-looking, feverish and has an indifferent appetite. This disease generally appears on the scalp, behind the ears, on the face, the fore-arms and the legs. Indeed, it affects all parts, but especially the scalp, ears, armpits and flexures of the joints. If the eruption be extensive, the constitutional symptoms—feverishness, wasting, etc.—will be more marked. In mild cases, the disease may be recognized by the skin feeling thick when raised between the thumb and finger.

Pure, soft water is an agent of great value, and in many cases the only remedy needed. Hard water is irritating, and when rain-water cannot be obtained, it may be softened by boiling and the addition of bran, flour or other mucilaginous matters, which further abstract the lime-salts. The washing should be done so as not to spread the irritating discharge over unaffected surfaces, and afterwards well dried by pressure with a soft cloth, not by rubbing; *petroleum-soap* or *transparent soap* is recommended to be used in washing, taking care that in all scalp-diseases the hair should be kept cut very short all the time; remembering, too, that all poultices other than pure water keep the parts more filthy and retard recovery, and that all washes in the nature of astringents, even although as simple as alum-water, oak-bark and common tea, tend directly to cause water on the brain, or some other internal ailment quite as fatal.

Great cleanliness is requisite. General baths and

friction to promote the healthy action of the skin are of great service. The water used should be soft, hard water being irritating. Care should be taken not to spread the disease in washing. Vegetables, especially such as are eaten uncooked—lettuce, celery, water-cress, etc.—may be freely taken. *Cod-liver oil* is particularly recommended—half a teaspoonful or a teaspoonful twice daily after food.

The diet should be wholesome and nutritive, avoiding salted meats and fish.

COLD IN THE HEAD—SNUFFLES (*Coryza*).

Causes—Exposure to draughts and cold, sudden changes of temperature, wet feet, inherited syphilis (in infants).

Symptoms—Cold in the head usually comes on with slight shiverings, pain or a feeling of weight in the head, redness or itching of the eyes, obstruction of one or both nostrils.

Treatment—In the very early stage *camphor* should be administered. To infants it may be given by inhalation. A drop or two of the tincture should be put into a teaspoon and held near to the nostrils for a minute or longer, and repeated every twenty minutes for three or four times. To older children it may be given on sugar.

Snuffles in children may generally be removed by rubbing the nose and forehead with some warm sweet oil,

or by placing upon these parts cloths kept wet with warm water.

In severe cases add five drops of spirits of camphor to one teaspoonful of sweet oil, and, after cleansing the nostrils with tepid water, rub the surface of the nose with this camphorated oil. The application of glycerine is also recommended for the same purpose.

Accessory Treatment—The child should remain in a room the atmosphere of which is of a comfortable, uniform temperature. A warm bath, in severe cases, should be given on going to bed, and the child well wrapped in an extra blanket, so as to favor the free action of the skin; this is still further promoted by drinking freely of cold water during and after the bath. In the case of infants their noses should be frequently smeared with simple cerate, cold cream or tallow, to prevent the discharge from forming into hard crusts. In chronic, obstinate cases the interior of the nostrils may be syringed with a weak solution of carbolic acid. If suckling be difficult or impossible, the milk should be drawn and the infant fed with it by means of a spoon until the complaint is modified.

Prevention—Children should be exposed to the *open air daily*, which tends to strengthen the body to resist atmospheric changes. They should be *properly clothed*, especially the lower limbs and abdomen. Lastly, infants should be taught, by laying them on their side, to use the *nostrils for breathing in sleep* instead of the mouth. This cannot be done too early, for the habit is difficult of acquirement if neglected till adult life.

CRYING.

Significance of Crying—The crying of an infant is expressive, and varies much in character. In brain-affections it is sharp, short and sudden. In diseases of the abdomen, exciting pain, it is prolonged. In inherited syphilis it is high-pitched and hoarse. In inflammatory diseases of the larynx, it is hoarse, and may be whispering. In inflammatory diseases of the chest and in severe rickets, the child is usually quiet and unwilling to cry, on account of the action interfering with the respiratory functions.

Causes—In many instances infantile crying and fretfulness depend upon some mechanical cause—tight or creased clothing, wet napkins, the prick or scratch of a pin, improper or excessive feeding, etc. Crying is also the language by which its wants are expressed; but it is a mistake to suppose that the child should be presented to the breast, or that it is hungry merely because it cries. The time that has elapsed since the previous nursing will determine the necessity or otherwise for feeding the child. Crying, however, is often due to colic, wind or other symptoms of indigestion, in hand-fed children or in infants suckled by unsuitable wet nurses. For the proper investigation of the cause of crying, the infant should be fully undressed in a room of a comfortable temperature. By this method the form and movements of the chest and abdomen; the state of the skin, whether hot or cool, moist or dry; the presence or absence of any eruption, and any other peculiarity present, may then be easily detected.

Treatment—Hot flannel applied to the abdomen, or rubbing with the warmed hand; placing the child on the knee with the stomach downwards and patting the

back gently, will often prove soothing. A warm bath is sometimes very beneficial.

GENERAL DIRECTIONS FOR THE MANAGEMENT OF INFANTS.

Before concluding we think it necessary to offer some general instructions on the management of early infancy, touching on points which may appear to be of only minor importance, but which have a most important bearing on the *prevention* of infantile disease and mortality.

This is a subject that seldom receives the attention or merits. Through criminal ignorance or neglect of the laws of health pointed out in these volumes, three-fourths of the children in nearly every family are either more or less diseased, in some way, before they arrive at years of maturity, or are in their graves.

The Newly Born Infant—In all those cases where an infant be born before the doctor's arrival, it should receive the attentions pointed out in the article entitled "How to Act in the Absence of a Medical Man." If the child is healthy and strong, it will cry vigorously; for the transition from a condition of unconscious repose, in a bland fluid at a temperature of 98° Fahr., to the contact of rough clothes and a comparatively cold temperature, cannot be agreeable. The act of crying helps to fill the lungs with air, and thus the functions of breathing and pulmonary circulation become established.

The First Washing—As soon as breathing has fairly

commenced and the navel-string been tied, the infant should be enveloped in soft, warmed flannel, and, everything being ready beforehand, immediately washed, and as quickly as possible. *Immediately*, for the skin requires cleansing from the tenacious fluid which adheres to it at birth, in order that healthy transpiration may be established. A new-born child is often allowed to remain a long time before it is washed, and even then it is not always washed *quickly* and skilfully, so that it shivers, and its skin becomes blue before it is placed by its mother's side.

Before commencing the process of washing, the eyes should be carefully wiped with a piece of moist, soft linen; then the rest of the body should be cleansed by means of a fine sponge, with warm water and a little soap, and carefully dried with a soft, warmed towel. If the coating-matter be considerable or very adhesive, a little fresh lard rubbed upon the skin previously to the application of the soap and water will render its entire removal an easy operation. As soon as the cleansing is completed, a little violet powder—finely powdered, scented starch—may be dusted lightly on the surface, especially in the creases of the joints.

Covering the Face—The practice of covering the face, and particularly the *mouth* of the infant, immediately after birth or at any other time, is very injurious, and no mother or nurse should be guilty of it. The child needs fresh air to breathe, as well as a grown person.

Presenting the Infant to the Breast—As soon as the mother has somewhat recovered from the exhaustion of labor, the infant should be put to the breast. The application of the child to the maternal font at once often prevents or much diminishes the disturbances incident to the coming of the milk; it also tends to appease the wants of the infant, and enables it better to grasp the nipple

than when the breast is over-distended or hard with the milk; further, by its favoring contraction of the womb of the mother, the probability of secondary uterine hemorrhage, and also the chance of what is called "Milk-Fever," will be much lessened.

Immediately after being dressed, the infant should be laid in its mother's bosom and not, as is too often the case, placed by itself in a cradle, where it is in danger of being too cold. As a general rule, for the first few days it should sleep in the same bed with its mother, especially during cold weather: afterwards it should sleep in a cradle or cot.

Milk in the Breasts the First Day—It is affirmed by some nurses that until the third day after labor the breasts contain no milk, and that a substitute—gruel or some other farinaceous preparation—is necessary. In the great majority of cases, milk, sufficient for all the requirements of the infant, is present on the first day, and the only thing necessary to be done is to apply the child's mouth to the nipple. Should there be no milk at the moment, the suction of the infant, which is the natural mammary stimulant, will hasten the secretion; while, as we have elsewhere stated, the suction promotes the necessary uterine contractions which are favorable to the mother. If, after repeated attempts, in eight or nine hours there be no breast-milk drawn, the child may have, until the secretion be fairly established, cow's milk diluted with warm water (two-thirds milk to one-third *warm* water), with the addition of sugar. The milk should not be boiled, nor should the water added to it be too hot, for in either case the albumen is liable to be coagulated, and the milk rendered less digestible. The administration of any kind of farinaceous food, sugar, butter or *gin* to the

new-born infant is not only unnecessary, but is likely to prove of incalculable mischief.

Open-Air Exercise—Children require fresh air and sunlight as much as plants and flowers do; and as the latter are colorless and imperfect if excluded from direct sunshine, so children who live in places where light does not abundantly enter are pale and feeble. In fine weather, an infant over a month old should be taken out at least twice a day; the only precaution necessary being that it should be sufficiently clothed. In warm, sunny weather, the more it is in the open air the better, if care be observed to protect the head from the hot sun. In short, a child should almost live out of doors during suitable weather. Plenty of exercise in the open air is necessary for the healthy development of the limbs and body generally. Suitable athletic games and exercises should form a part of the early education of all children, and these games and exercises should take place in the open air, except during inclement weather, when they may be carried out in spacious, well ventilated rooms.

Food—No point is of higher importance in the rearing of children than the proper management of their meals and meal-hours. Errors in feeding probably rank first among causes of infantile disease and death.

Breast-Milk—The mother's milk is the sustenance provided by nature for the infant, and as yielded by healthy mothers is superior to all artificial substitutes; and suckling is the best method of feeding.

No Additions—When the mother enjoys good health and has a sufficient quantity of milk, an infant requires and should have no other food but breast-milk until from the sixth to the ninth month. Even during the first day or two, the breast usually furnishes sufficient nourishment. The too common practice of giving butter and sugar, gruel

and various other articles to a new-born babe should be strictly interdicted as an uncalled-for act of cruelty. Should the formation of milk be unusually long delayed, a little new cow's milk (unboiled), diluted with an equal quantity of warm water, with the addition of a little white sugar, may be given until the function of the breast becomes established. For the first five or six weeks the infant should be applied to the breast at regular intervals of two hours and a half during the day, and at longer intervals, if possible, during the night; but after the first two or three weeks it should be accustomed to remain without food from about 11 P. M. to 2 or three A. M. It is important, too, that the infant should suck from each breast alternately. Regular habits of feeding may be soon acquired; and it is a great mistake, and the cause of wind, colic and other disorders, to give the infant the breast whenever it cries, or to let it be always sucking.

Diet for Nursing-Mothers—A nursing-mother or wet nurse does not require an extra or a rich diet, but discrimination in the selection of her food. To overload the stomach or to eat indigestible articles, would occasion digestive derangements, to the injury of the infant as well as herself. The meal-hours should be regular, and late meals avoided. The thirst to which nursing mothers are liable is best appeased by milk and water, barley-water, toast and water and similar beverages.

A person of full, robust habit will require less nutriment, while a delicate person, of languid circulation, will need more animal food, milk, etc.

“It is necessary for a nurse who has a tendency to flatulency, or wind to avoid food apt to induce that ailment, not only on her own account, but that of her charge; for this and other disordered functions tell upon

an infant immediately, through the medium of the milk. Where a nurse is actually affected by flatulency, her taking a little powdered ginger or soda makes her milk agree better with the digestive powers of the child.

“A mother who is also a nurse has a double-claim upon her and a double-motive to stimulate her in the observance of the laws which govern health. The immediate welfare of herself is indissolubly united with that of her child; every transgression on her part inflicts suffering on her infant, who is the helpless victim of her errors. And not only so: unhealthy, ailing children, bring great afflictions upon a family. In the case of affluent persons, they bring disappointed hopes, wounded pride and sorrowing affections. A father is naturally disposed to regard his offspring with pride, exultation and hope; but can he do this when he sees ailing, fretful beings, incapable of enjoying or benefiting by the advantages which his abundance and affection procure? In the case of poor people, the sorrowing affections are aggravated by the expense, the household discomfort entailed by illness, and the prospect of the sickly creatures around them being hereafter incapable of earning their maintenance at all, or of doing so under the pressure of bodily and mental suffering. The faults of the mother may inflict these disappointments and difficulties upon the father. Her responsibilities are therefore great and numerous.”—[*Scudder*.

Regimen of Wet Nurse—The regimen and diet of a wet nurse should as nearly as possible resemble those she has been previously accustomed to. A woman of active duties and frugal diet is certain to suffer in her health if she suddenly relapses into a life of in-door idleness, and takes a too abundant supply of food and such beverages as ale or stout. A wet nurse taken from industrial pursuits should continue to perform at least

light duties, or take a large amount of regular, open-air exercise. The use of stimulants is injurious, and if taken to cause a good supply of milk, may result in disappointment or debility, and bring on a host of evils from which the infant cannot escape.

Should a nursing-mother or wet nurse begin to suffer from headache, dim sight, dizziness, shortness of breath, palpitation or night-sweats, it is evident that nursing exhausts her and should be discontinued.

The diet of infants being of great moment to their well-being, we shall devote the following additional remarks to the further consideration of the subject:

Food for the First Six Months—Diet 1. We commence by stating emphatically that children who enjoy their inalienable right to maternal breast-milk, assuming this to be suitable in quality and sufficient in quantity, require *no other food*. The infant should be applied to the breast every two hours and a half during the day for about the first six weeks: afterwards only once in every three hours. But it should not be awakened from sleep to be fed. After about the first month it will not be necessary to give the breast at all between the hours of 11 P. M. and 2 or 3 A. M. The early commencement of this arrangement is very important, as it affords the opportunity for that regular, undisturbed repose, which contributes much to the well-being of both mother and child.

Diet 2. For children brought up by hand, cow's milk diluted with water, with the addition of sugar-of-milk, is the best substitute for breast-milk. One ounce of sugar-of-milk dissolved in three-quarters of a pint of boiling water, and mixed, as wanted, with an equal quantity of good, new cow's milk, should be given from the

feeding-bottle at the same intervals as recommended for maternal nursing. As soon as the meal is over, the tube should be removed from the child's mouth. It should not be allowed to fall asleep with it in its mouth. The bottle and teat should be thoroughly washed after each meal, and the former always kept in a basin of cold water when not in use. A *sweet feeding-bottle* is of great importance. It is well to have two bottles, so that one can be cleansed while the other is in use. Neglect of scrupulous attention to the feeding-bottle is a frequent cause of indigestion and other disease.

Diet 3. If, from poverty or scantiness of the breast-milk, a combination of nursing and feeding is necessary, the breast should be given twice a day. For the other meals the child should be fed on the diluted sugar-of-milk and unskimmed cow's milk, as prescribed in the previous paragraph; or the artificial diet may consist of new cow's milk diluted with about one-third of warm water, so as to bring the temperature to that of breast-milk. This diet is infinitely preferable to any variety of starch-food and to the ill-selected additions to maternal milk often supplied at the fifth or sixth month.

If the child does not thrive on this diet, he may, after three or four months, have milk in which a small quantity of gelatine and arrow-root have been boiled.

Starch-Food Unsuitable—Starch is not necessary to the infant, for breast-milk contains none. Starch requires, before it can be digested and absorbed, to be converted into a soluble substance called *dextrine*, which can only be effected by the starch being ground up and mixed with saliva. But as the child has now no teeth, and much of the saliva dribbles away, starch-food passes into the stomach unmixed with its natural solvent, and therefore is insoluble and indigestible. It is easy then to understand

how an insoluble mass of boiled bread, gruel, arrow-root, baked flour, rice, biscuits, rusks or any other starch-food, passing through the stomach and scraping and scratching along the delicate, sensitive bowels, might readily produce all the ills to which infantile flesh is heir.

Dr. Ellis says, "Among the most pernicious kinds of nourishment for a young infant, may be named those miserable compounds of flour and milk, cracker or bread and water, or oatmeal and water, which are fed to children under the names of pap, panada and water-gruel. The powers of the infant's stomach are inadequate to digest properly these substances.

"Let the infant's stomach be once or twice filled during the twenty-four hours with gruel, or any of the ordinary preparations prepared by nurses for this purpose, and the chances will probably be as ten to one that acidity, vomiting, colic, griping and jaundice will supervene."

STILL-BORN INFANTS.

Children are sometimes born *apparently dead*, and if means are not quickly adopted this condition may pass into one of real and permanent death. But so long as the heart continues to beat, even but feebly, there is a probability that well-directed efforts will be successful in exciting breathing.

Rules for the Treatment of the Still-Born—

1. The first object is to *clear* the *throat* and nostrils of mucus.

This is best done by the prone position, pressure along the back, etc.

By seizing it, as it appears, by a piece of soft linen.

2. The second object is to imitate Nature, and *excite* respiration ;

The alternate hot and cold douche, or

The alternate hot and cold bath, or

Excitants applied to the skin, are the most effectual measures.

3. The third, the all-important measure is, to *imitate* respiration by

Alternate rotation, and pronation with pressure ;

4. Next follows friction along the limbs upwards with flannel ;

5. The continuous *warm* bath, as distinguished from the sudden alternate *hot* and *cold* baths, is to be carefully avoided, as causing loss of time and the neglect of all-important remedies.

Spirit and water applied externally to the chest may be used with advantage ; the inhalation of ammonia, as often employed, is a questionable and rather dangerous proceeding. The practitioner in attendance would, of course, use his own judgment on a point of this kind. Non-medical readers are warned against the practice of holding smelling-salts (ammonia) too assiduously to the nostrils of any person insensible, or recovering from that state, as much mischief may be done ; if used at all, the bottle should be from time to time passed backwards and forwards in front of the nostrils, increasing considerably the distance at which the bottle is held in the case of a young child.

Taylor, in his work on Medical Jurisprudence, says, " The vapor of strong ammonia is poisonous. It may destroy life by producing violent inflammation of the larynx, or by causing pneumonia. It is often injudiciously employed to rouse persons from a fit. A case is on record

of an epileptic having died under all the symptoms of croup two days after the application of strong ammonia in this way to the nostrils.”

Causes—Constitutional feebleness, so that the effort necessary to commence breathing cannot be made; obstructed circulation during labor by pressure or twisting of the navel-string; too long-continued compression of the head; tenacious mucus in the mouth and throat, preventing the entrance of air, etc.

Treatment—The first efforts to promote breathing are to be made before the navel-string is divided. Obstructive mucus should be carefully wiped away from the mouth and throat, and the general surface exposed to cold air; an attempt should then be made to excite the function of breathing by blowing in the infant's face, sprinkling cold water with some little force on the face or chest, or alternately cold and hot, and by giving several smart blows with the hand, or with the corner of a towel wetted with cold water, on the hips, back and chest. The back and limbs should be well rubbed, while the face is *freely exposed to the air*.

The following is another capital method of exciting breathing: Close the infant's nostrils by the finger and thumb, press the windpipe gently backwards, and then blow into the mouth, so as to drive the air into the lungs; afterwards press the ribs together, so that the lungs may expel the air. This process should take place about fifteen times in one minute, and if persevered in is most likely to be successful in a short time. Meanwhile the body should lie on a flat surface, and be well rubbed with warm flannels, and the head not suffered during these efforts to fall on the chest.

If these means are not successful, and pulsation has ceased in the navel-string, it should be divided as before

directed, and the infant plunged into a warm bath, 98° Fahr., or what is agreeable to the back of the hand. If the sudden plunge does not excite breathing, it will be no use keeping the infant in the bath beyond a minute or two, and Dr. Marshall Hall's ready method may then be tried as follows:

“Place the infant on its face; turn the body gently, but completely, *on the side and a little beyond*, and then on the face, alternately; repeating these measures deliberately, efficiently and perseveringly, fifteen times in the minute only.”

DISORDERS OF TEETHING, OR DENTITION.

To enable our readers to recognize the disorders of teething (in itself a natural process), we shall briefly sketch the progress of healthy teething. There are two sets of teeth: the first—the milk-teeth—appears during the first two years of life, and falls out about the seventh or eighth year. As the first set falls out it is replaced by the permanent, which is not completed till adult life.

The milk-teeth generally appear in the following order: About the sixth month the two middle incisors of the lower jaw, followed in a few weeks by the corresponding incisors of the upper jaw; next appear the two outside incisors of the lower jaw; and soon after those of the upper; after another interval of perhaps about two months, the first four molars, then the eye-teeth, and lastly four other molars, completing, by about the second

year, the teeth of the first set. Should there be any little deviation from this order, or should dentition be a little prolonged, no great importance need be attached to it.

Causes—These are *irregular feeding; excessive feeding; improper quality* of food. Disordered teething often occurs with a change of diet from the mother's milk to various articles which are unsuited to the age of the child. Other causes are—keeping the head too hot; too little out-of-door air, etc. By such means, the nervous system is disturbed, the stomach is disordered, and restlessness, crying, colic and even convulsions follow. Inflammatory affections of the gums, or disproportion between the jaw and the number and form of the teeth, are also causes of suffering. Frequently, these causes may be avoided, and the sufferings of teething reduced very much, even in scrofulous constitutions.

Not a few cases of disordered teething are referable to the mother. Worry, fits of anger, overheating, fatigue, etc., may so poison the blood of the mother that, unless the milk be first withdrawn and nursing suspended until physical and mental calm be restored, convulsions, fever, diarrhea or even sudden death may result.

Symptoms—Cough, with wheezing breathing; restlessness, starting as if in fright, or interrupted sleep; sudden occurrence of febrile symptoms; hot, swollen or tender gums, and increased flow of saliva; various eruptions on the head or body; derangement of the digestive organs—sickness, diarrhea or constipation; and sometimes spasms and convulsions. Diarrhea and other symptoms of indigestion are most frequent in the summer and autumn, and when, therefore, children are most exposed to sudden changes.

To Regulate the Bowels of Teething Children

—Take, of

Turkey-rhubarb.....	2	teaspoonfuls.
Spearmint.....	2	“
Baking soda.....	2	“

Pulverize the rhubarb and the spearmint, and mix all together. To a teaspoonful of this mixture, add one teacupful of boiling water; strain. Dose, one teaspoonful, night and morning. This is one of the best preparations in use, for regulating the bowels of teething children, and has been the means of saving the lives of many infants.

Lancing the Gums—Medical authors unite in the important policy of lancing the gums in many cases of teething. If the teeth do not come through in two or three days after the operation, the lancing should be repeated. It can be performed with a sharp pen-knife, if a lancet is not at hand. Discontinue the injurious habit of allowing a child to bite on a hard substance while teething, or rubbing the gums with a hard substance, for it bruises and makes them very painful and sore. When the gum is ready for lancing, that is, when it presents a whitish appearance on the top and the point of the tooth is visible through the gum, take a piece of metal, sufficient to cover the top of the tooth—the handle of a knife will do—and press upon the gum, causing the tooth underneath to cut through. Some recommend this in place of lancing. If your child is healthy, it is not often necessary to lance the gums during teething, and when it is so, it may be only for the larger teeth. A child may use rubber-rings to bite on, but recollect *always* to wash them clean, and then let them stand over night and soak in pure water.

Accessory Treatment—*Regularity in the times of feeding and sleep; correction of any habits in the mother*

which may affect the child unfavorably ; restriction to *suitable quantities* of food at one time. *Keeping the head cool* and the feet warm, washing the child daily, using much friction with dry flannel, and allowing it to be much in the open air, tend to prevent determination of blood to the head. Purgatives are to be strictly avoided. Costiveness in children is generally due to errors in diet ; if obstinate, or if worms are present, injections of water may be used.

Beef-Tea is often useful in disorders in children, especially after weaning, when they have arrived at the age of twelve or eighteen months. It may be made in the following way : Put half a pound (or a pound, according to the strength required) of rump-steak, cut up into small pieces, into a covered enameled saucepan with one pint of cold water. Let this stand in a cold or cool place for four or five hours, and then by the side of a fire till the temperature shall approach, but not reach the boiling point. It is then fit for use.

The meat used should be *freshly slain*, and divested beforehand of all fat or gristle ; otherwise a greasy taste is given to the beef-tea which cannot be afterwards removed by skimming. In rewarming beef-tea which has been left to cool, care must be taken to warm it only up to the point at which it is to be served. On no account should it be allowed to boil.

When children, from long use of it, become tired of beef-tea, it may be seasoned with some vegetable product—celery or celery-seeds, which should be strained off before using—when, possessing an entirely new flavor, it will generally be eaten with zest.

DECAY OF THE TEETH OF CHILDREN.

The function of the teeth is so important that it is impossible to over-estimate the necessity of exercising due care in their management during the whole period of childhood. A good set of teeth is one of the best guarantees a child can possess of good digestion and prolonged health; and this blessing it is generally possible to attain by the exercise of early care. A large proportion of the patients who come under our observation, including persons of all ages, suffer from a more or less deteriorated state of the teeth and gums.

Causes—The early decay of the teeth is due, in a great measure, to preventable causes, the chief of which are the following:

1. A Crowded State of the Teeth—In some children the jaws are so small or irregular that there is not sufficient room for proper development. The consequence is that they overlap, and, pressing against each other, damage the enamel. Moreover, in this condition there is greater probability than in a normal condition that particles of food will be retained in the mouth, producing decayed teeth.

2. Insufficient Use of the Teeth—This is consequent on the kind of food taken, and on its preparation. The prevalent use of sops and of soft, new bread is productive of much evil. Nothing is more suitable for a child, with the incisors or front teeth cut, than a crust of stale bread, or a bone, on which to exercise and harden the teeth and gums. The result of insufficient use of the teeth is that the jaws are imperfectly developed, the gums become soft and spongy, the teeth grow irregularly, are easily loosened and drop out. For it is with the teeth as with all other organs and functions of the body, the less

they are employed for the purposes to which they are assigned, the more rapidly they become enfeebled and degenerate. Resistance gives strength. The resistance of tough food affords that healthy pressure which promotes circulation in the vessels, gives fixedness to the teeth, and necessitates the formation of that hard texture which wears well even when the enamel is gone.

3. Constitutional Debility—Whatever enfeebles the general system enfeebles every part of it. If the standard of health be lowered by disregard of hygienic measures, or in any other manner, the teeth will suffer; they will decay for want of sufficient nutrition.

Preventive Treatment—This may be inferred from the causes already mentioned. To prevent the crowding of the teeth, an experienced and skilful dentist should be consulted, who will remove superfluous teeth, selecting for extraction any that may be hopelessly decayed, or those which are most liable to early degeneracy, viz., the first permanent molars (double teeth). We have repeatedly advised this course, with the most satisfactory results. Personal appearance has been improved by the greater regularity of the teeth; for the vacancies occasioned by removals have been quickly filled by the adjustment of the teeth to the vacant spaces. To prevent deterioration, we recommend a return to the primitive custom of eating *whole-meal bread*. It gives the healthy stimulus which the teeth and gums require; it is more nutritious to the system; and it supplies in considerable quantity the silica and phosphates from which enamel and dentine are formed. We also advise parents to allow their children the vulgar gratification of nibbling a bone now and then. Sweets should only be allowed in moderation, for they injure the teeth; not, as is usually supposed, by direct chemical action, but by disturbing digestion and vitiating

the secretions of the mouth. Very acid fruit acts both directly and indirectly upon the substance of the teeth; strong acids, some of the preparations of iron and hot drinks are also prejudicial. Cleanliness is essential to the prevention of decay. The bristles of the tooth-brush should be moderately soft and not too thickly set, and used at least once a day. Not only animal food, but particles of white bread originate degenerative changes, and should be removed. Tooth-powder is unnecessary except after the teeth have been neglected; it may then be required for a short time to remove carious incrustation. In any case the tooth-powder should not be harsh or medicated. Such as feels rough and gritty when rubbed between the thumb and finger should not be used, as it will scratch and injure the enamel. Brushing with simple water should be commenced directly the teeth appear, and nothing else is necessary in the case of children.

WEANING.

The proper period for weaning the child is generally at the age of from twelve to fifteen months; but the time that the child is in good health and free from the irritation of teething should be chosen as the most appropriate, even if it is beyond fifteen months. Too hot weather or the prevalence of any intestinal epidemic may necessitate the deferment of weaning for a short time. If the mother is feeble and sickly, it is generally desirable to wean the infant when it is six months old, or even at

the end of the first or second month, if the mother presents evidence of great suffering from lactation.

The child should never be fed, except from the mother or nurse's breast until it is at least six or eight months old, unless this natural fountain should be dry; and even then nothing but the milk of one cow should be given, unless a physician for some special purpose or occasion desires a substitute. People living in cities, however, would do well to use condensed milk instead of the merchantable article, as the process of condensing is said to destroy those poisonous properties which are derived from the objectionable articles on which cows, in these localities, are so largely fed. As children get older, solid food may be substituted for milk; though, as a rule, young children should not be nourished too largely on animal diet. The first teething should at least be passed before this kind of food is allowed, as it produces irritability of the stomach, which is already much excited by the process of teething.

“Until after the first dentition or teething is completed,” remarks Dr. Condie, “solid animal food, in our opinion, should form no portion of an infant's diet; it is apt to increase the fever to which the system is already predisposed, and to augment that irritability of the digestive organs which is an almost invariable attendant to a greater or less extent upon the process of teething.”

It sometimes happens that cow's milk is slightly acid instead of alkaline, and this is apt to be the case where the cow has been milked for several months. It is well, therefore, especially in the case of weakly or sickly children, to test the milk which you give them, which may easily be done by means of blue litmus paper, obtainable at the drug-stores. Hold the end of a narrow

strip of this paper in the fresh milk for a short time, and if it changes to a red color, the milk is acid and unfit for use. As a double-test, should it be desired, it may be stated that good milk will change red litmus paper to blue. Boiled milk is not as easily digested as that which is unboiled. It is better, if the child likes it, to feed it on milk directly from the cow.

Process of Weaning—When weaning is decided upon, the mother should gradually diminish the allowance of the breast and increase the supply of suitable kinds of food. Too sudden weaning increases the risk of local mischief, and of a general derangement of her health. In some cases it is a good expedient for the mother either to send the child away, or leave it at home and to go away herself for a few days. As soon as the weaning is commenced, the mother should remain quiet for a little time, in order that the swollen breasts may not suffer from the motion of the arms or the pressure of the stays, and that the system may be free from excitement. She should take only light nourishment; refrain from food likely to induce thirst; drink as little as possible, and that of cold water; keep the breasts covered with some light, warm material, and avoid soups and other liquid kinds of food.

Regularity of Feeding—*Irregular and too frequent* feeding of children kills thousands before they are two years old. Therefore, too much importance cannot be attached to this subject, and mothers should have *regular hours* at which give their children food.

Food After Weaning—Children, until they are three or four years of age, should eat chiefly bread and milk, and other light diet, with only the broths of meat. It is better, under all circumstances, to discourage the use of meat, if the child is strong and healthy without it.

No highly seasoned food should be allowed. It is not surprising, when we remember what they eat, that so many children die, or grow up weak dyspeptics. Dr. Ellis says,

“It is generally not well to give children meat until they are at least three or four years old; and, as a general rule, it is better during childhood and youth to discourage rather than encourage the inclination to eat meat, if the young person is strong and healthy without it. Children should never be allowed a great variety of food at the same meal, nor any which contains the least particle of pepper or any other spice or condiment, except a moderate quantity of sugar or salt. Our cooks in this country are the most terrible enemies our children have to encounter, and when we look at the food of which the children of many thoughtless parents are permitted to eat, it is not surprising that so many die or grow up poor, puny men and women. They are often permitted to live almost entirely on articles and substances which should never enter the stomach of a child.”

Early Weaning—Nursing one's own children may be rendered improper by particular circumstances; though, as a general rule, every mother should suckle her own child, and will do so, if she is able, unless she cares more for pleasure and fashion than for her offspring.

However, should there be, in the mother, a strong predisposition to consumption, she would do well, both for herself and child, to secure the services of a competent wet nurse, or even to substitute the milk of the cow for the human breast. The same is true of scrofula, cancer, etc., and it is obvious the mother should not suckle in severe illness of any kind.

The return of the menses, or monthly flow, during the period of nursing, does not render it necessary to wean

the child as a general rule ; and never so long as the milk agrees with it. The same is true if pregnancy should occur while the child is too young to wean, especially if the mother is strong and healthy ; but it is not well, perhaps, to continue the nursing longer than three or four, or at most five months in any case, after the commencement of pregnancy ; though there is a difference of opinion among authors as to whether nursing should be discontinued after the commencement of pregnancy.

DIVISION EIGHTH.

MISCELLANEOUS.

HOW TO RECOGNIZE DISEASE (Diagnosis).

Bodily Heat—Use of Thermometer—The directions given in the following pages will enable any one to determine the nature and character of disease.

A most admirable and potent means of ascertaining, by the thermometer, the character and malignity of disease, has recently been discovered.

In all cases of illness, to count the pulse and the respirations is not more important than to measure the heat. The thermometer aids in arriving at definite conclusions, and relieves of much mental anxiety, and in many cases gives a clue to the disease even before characteristic symptoms have made their appearance. In temperate regions the normal heat of the human body, at sheltered parts of its surface, is 98.4° Fahr., or a few tenths more or less; and a persistent rising above 99.5° , or a depression below 97.3° Fahr., is a sign of some kind of disease. The maintenance of a natural temperature, within the limits above stated, gives a complete assurance of the absence of anything beyond local and trifling disturbances;

but any acute disease unnaturally elevates the temperature or animal heat, and many diseases are thus indicated some time before they could be detected by any other means.

The thermometer enables us to distinguish decisively between an inflammatory and a non-inflammatory disease; it also helps us to determine the severity of the inflammation by the number of degrees to which the thermometer is raised. *Hysterics*, it is well known, often resembles inflammatory disease; but the temperature of hysterical persons is *natural*, whereas that of persons really suffering from inflammation is *always raised*.

In *acute fevers*, the thermometer affords the best means of deciding in doubtful cases; it is often the best corrective of a too hasty conclusion. Thus, in *typhoid fever*, the rise of temperature or its unnatural fall, often indicates what is about to happen one or two days before any change in the pulse, or other sign of mischief may be observed.

In *consumption*, the thermometer affords us most valuable information. The symptoms and signs are often obscure, or their true cause may be doubtful; especially in the early stage of the disease, when treatment is likely to be of greatest avail. The importance of the aid of the thermometer in this case will be recognized by the fact that during the deposit of tubercle in the lungs, or in any organ of the body, the temperature of the patient is always raised from 98° , the natural temperature, to 102.3° , or even higher, the temperature increasing in proportion to the rapidity of the tubercular deposit. A persistent elevation of the general temperature of the body has often been found to exist for several weeks before loss of weight or physical signs indicating tubercle in the lungs could be appreciated. Hence an elevated tempera-

ture not only affords us certain information as to the existence of consumption, but the degree of that elevation enables us to estimate the extent and progress of the disease; for a persistent rise shows that the disease is progressing, or that unfavorable complications are setting in.

In *measles*, the thermometer is almost the only means of learning at an early stage the invasion of pneumonia.

In *ague*, several hours before the paroxysm, the temperature of the patient's body rises considerably.

In *acute rheumatism*, a temperature of 104° is always an alarming symptom, indicating grave complication, such as involvement of the valves of the heart. In short, a temperature of 104° to 105° in any disease indicates that its progress is not checked, and that complications are liable to arise.

In all cases of convalescence, so long as the decrease of temperature proceeds regularly as measured by the thermometer, no *relapses* need be feared; on the other hand, delayed decrease of temperature in pneumonia, the persistence of a high evening-temperature in typhus or typhoid fever, or in the eruptive diseases, and the incomplete attainment of normal temperature in convalescence, are of great significance. They indicate incomplete recovery, approach of other diseases, unfavorable changes in the products of disease, or the continuance of other sources of disturbance requiring careful examination. The onset of even a slight elevation of temperature during convalescence is a warning to exercise careful watching over the patient, and especially for the maintenance of a due control over his diet and actions.

These remarks might easily be extended, and illustrations multiplied of the value of the thermometer as an

aid to diagnosis; but beyond recommending a small, straight instrument, with a correct scale, self-registering, and taking the observations regularly at the same hours daily throughout the disease, noting at the same time the pulse and the breathing, we have only space for the following directions:

The best way to “take a temperature” is to place the bulb of the thermometer under the tongue, by the side of the last molar—“wisdom tooth”—and request the patient to close the lips around the stem. The time required to ascertain the temperature correctly is from three to five minutes. Another way is to place the bulb under the armpit; but the former plan is better when practicable.

These observations should be taken regularly at the same hour each day.

Breathing—Healthy inspiration is performed with great ease by a nearly equal elevation of the ribs and enlargement of the chest, and by descent of the diaphragm. Expiration is the natural return of the chest to its proportions during rest, which is produced by the pressure of the external air, the ascent of the diaphragm and contraction of the abdominal muscles. An adult breathes about twenty times in a minute. Disease and exertion quicken the rate of breathing.

Dyspnœa, or difficult breathing, may result from wasting diseases of the lung-substance; adventitious deposits in those organs (these conditions necessarily lessening the amount of breathing surface); formations of false membranes in the air-passages, as in diphtheria; and inflammation and swelling of the tonsils or tongue—all of which conditions obstruct the entrance of air into the lungs, as does also asthma—which is a spasm of the

muscular coat of the air tubes—and thus cause difficult breathing.

The Tongue—This organ affords important indications: *Dryness* points to diminished secretion, and is common in acute and febrile diseases; *moisture* is generally a favorable sign, particularly when it succeeds a dry or furred condition. An unnaturally *red tongue* is common in the course of the eruptive fevers; in gastric and bilious fevers, and in bad cases of indigestion, the redness is often limited to the edges and tip. The “*strawberry*” tongue is a symptom of scarlet fever; the *fissured tongue*, of typhus and typhoid fevers. When the tongue is *livid* or *purple*, there is defective oxygenation of the blood. The *furred tongue* is the most marked, and is common in inflammation and irritation of the mucous membranes, in diseases of the brain, in all varieties of fever, and in almost all acute and dangerous maladies. Some persons have usually a coated tongue on rising, without any other symptom of disease. This is especially the case with tobacco-smokers. A uniformly white-coated tongue is not very unfavorable; a yellow coat is indicative of disordered action of the liver; a brown or black, of a low state of the vital powers and contamination of the blood. The gradual cleaning of the tongue, first from the tip and edges, shows a tendency to health, and indicates the cleaning of the whole intestinal tract; in less fortunate cases, as the tongue gets browner, dirtier and drier, each day, the nervous and muscular systems get weaker, and hope is gradually extinguished; when the fur separates in patches, leaving a red, glossy surface, it is also unfavorable; when the crust is rapidly removed, leaving a raw or dark-colored appearance, the prognosis must still be unfavorable.

The Skin—In health the skin imparts to the touch

the sensation of an agreeable temperature, with just sufficient moisture to preserve its softness; it is also elastic, smooth and neither too tense nor loose. A *harsh, dry, burning heat* of the skin is indicative of fever, and must ever be regarded as unfavorable, especially in inflammatory conditions of internal organs. If this condition be followed by *perspiration*, coincident with general improvement, it is a favorable indication. Great relief is usually experienced on the occurrence of the sweating stage in *ague*, inflammatory fevers, etc. On the other hand, complications may be feared if perspiration ensue without any amelioration of other symptoms.

Partial or local perspirations indicate a deranged condition of the nervous system. If perspirations occur after trifling exertion, they point to excessive weakness. Night-sweats, of frequent occurrence, not only show debility, but when preceded by chills and fever, indicate a hectic and consumptive state of the constitution.

A bluish tint of the skin indicates structural disease of the heart. A yellow color points to biliary affections. A rich blush of the cheeks, especially if it be circumscribed, and the surrounding parts pale, indicates an irritable condition of the nervous system, or a diseased state of the lungs.

The Urine—*Healthy urine* is of a brightish-yellow or amber color, a tint darker in the morning than in the afternoon, yielding a slight ammoniacal smell, devoid of unpleasant odor, and precipitating no deposit on standing, or only the merest trace of mucus, or of urates from a low temperature. In advanced age the urine becomes darker and slightly offensive; it is darker in persons who lead a very active life; different varieties of food also produce a marked effect both on the color and odor of urine. The stream of urine should be round and large,

and it should be passed about four to six times in twenty-four hours, without any pain or straining.

In disease, the urine presents many varieties, and furnishes valuable indications. Thus, it may be of a dark-yellow or saffron color, as in jaundice, or derangement of the liver; it may be red or high-colored and scanty, with quickened pulse, as in fever; it may be bloody or slimy, as in affections of the kidneys or bladder; it may be pale and copious, as in nervous and hysterical ailments; it may be heavy, muddy or of a purple color, showing an unfavorable condition of the system; or it may be dark or black, indicating putridity. The urine may be passed too copiously or scantily, with pain, with effort, or it may be retained with difficulty. There may be a frequent or uncontrollable desire to pass it, with burning or scalding pain; or the pain may be only experienced in passing the last few drops; in either case local inflammation is indicated.

In rheumatic fever, in gout, etc., the urine is abnormally acid; while, on the contrary, a loss of nervous power sometimes causes insufficient mucus to be secreted, so that, decomposition having taken place, the urine is found to be alkaline. Heat will produce a deposit in acid urine, but not so in alkaline, however large a proportion of albumen it may contain.

When urine has to be examined, a little should be taken from the whole quantity that has been passed during twenty-four hours, as it varies greatly in its properties at different periods of the day, and after food.

The Pulse—The pulse is produced partly by the forcible expulsion of blood from the heart, through the aorta (the great arterial trunk), and thence into the various arteries of the body, by each contraction of the left ventricle of the heart; and partly by the innate contrac-

tility of the arterial walls. Its character will consequently be modified by the condition of the heart, the blood-vessels and the blood itself.

In feeling the pulse, great gentleness should be observed, so as not to excite the action of the heart, which would defeat the object in view. The pulse may be examined in any part where an artery is so close to the surface that its throb can be plainly felt; but in general the most convenient locality is at the wrist. While examining the pulse, there must be no pressure exerted upon the artery in any part of its course, by tight sleeves, ligatures, etc. The examiner should place three fingers just above the root of the thumb and the joint of the wrist, with his thumb on the opposite side, so as to be able to regulate the pressure at will. Its frequency may thus be measured by the second-hand of a watch.

Healthy Pulse—The healthy pulse may be described as uniform, equal, moderately full and swelling slowly under the fingers; it is smaller and quicker in women and children. In old age the pulse becomes hard, owing to increased firmness or to structural change in the arterial coats. The average number of beats of the healthy pulse in the minute, at different ages, is as follows: At birth, 140; during infancy, 120 to 130; in childhood, 100; in youth, 90; in adult age, 75; in old age, 65 to 70; decrepitude, 75 to 80.

The pulse is influenced, however, by the following and other conditions, which should be considered in estimating the character of the pulse as a diagnostic sign. It is faster in the female than the male, by from six to fourteen beats; but this difference only occurs after about the eighth year. It is quickened by exertion or excitement; it is more frequent in the morning, and after taking food; it beats faster

standing than sitting, and sitting than lying; but it is retarded by cold, sleep, fatigue, want of food, and by certain drugs, especially *digitalis*.

Pulse in Disease—In estimating the differences of the pulse as signs of disease, allowances must be made for those sudden irregularities which are often observable under transient excitement or temporary depression, especially of nervous persons.

The Rapid Pulse, especially if strong, full and hard, indicates inflammation or fever; if small and very rapid, it points to a state of great debility, such as is often present in the last stage of typhoid fever.

Jerking Pulse—Disease of the valves of the heart is indicated by what is called *jerking pulse*, which is marked by a quick and rather forcible beat, followed by a sudden, abrupt cessation, as if the direction of the wave of blood had been reversed.

Intermittent Pulse—Inflammation or softening of the brain and *apoplexy* are indicated by what is called *the intermittent pulse*; and so are also typhoid fever and hernia, when they have proceeded to gangrene or mortification. This character of pulse may be known by there being an occasional pulsation omitted.

Full Pulse—What is called *full pulse* occurs in the early stage of acute diseases, and in general plethora; while *weak pulse* denotes impoverished blood and an enfeebled condition of the system.

MEDICAL USES OF SALT.

Catarrh—Experience has proven that salt is one of the *few* remedies that will cure catarrh, and that it stands at the head of the list of remedies, when it is properly and perseveringly used. A strong solution of it should be snuffed up the nostrils, retaining it there for a minute or two, by holding the nose with the fingers, and immediately repeat the operation; and do not attempt to pass the liquid into both nostrils at the same time, but snuff it into one nostril while the other is compressed by the finger. This operation should be repeated three times a day.

Bleeding Piles—An eminent physician, of New York City, says that salt is the *best* remedy he has found, in his practice, for the cure of bleeding piles. He has, he further says, “always been successful with it, in the treatment of this complaint.” It is to be used by injecting a strong solution two or three times a day. Some persons may employ it stronger than others. This is to be determined by the effect produced in each particular case.

Sprains and Bruises—Keep applied a strong solution of salt. Speedy relief will be obtained. There is no remedy superior to it for sprains.

Felon—A poultice of salt and the white of an egg will cure it. No one need have a felon if this application is made in time, for it will always disperse or “scatter” it.

Toothache—A solution of salt and water, mixed with an equal portion of the spirits of camphor, applied to the tooth by means of cotton, will cure most cases of toothache. Warm salt-water, held to the tooth, is very effective in some cases.

Neuralgia—A small sack of warm salt will often relieve this painful affection. The salt may also be applied as follows: One quart of water; one-half pint of salt. Add the salt to the water while boiling, and apply warm constantly. A case of neuralgia of the hip, of seventeen years' standing, was cured by this means.

Chronic Sore Eyes—Salt has cured chronic sore eyes after all other efforts to relieve them had failed. Its value is increased, in some cases, by the addition of equal parts of sugar. Ordinarily, a wash for the eyes is prepared by dissolving one-half teaspoonful of salt in one-fourth teacupful of water. Bathe the eyes with this solution, two or three times a day. A few drops should also be put into them.

Burns—Moistened salt is said to be almost equal to any other remedy for burns. It will prevent them from blistering, if applied in time.

Colic—In the violent internal pain termed colic, a teaspoonful of salt dissolved in half a teacupful of cold water, taken as soon as possible, is one of the most effectual and speedy remedies known.

Croup—Salt is a most valuable remedy, and may be relied upon in croup. The dose is a teaspoonful, mixed with a tablespoonful of honey, and given freely.

Disease of the Spleen—Prof. King says, "Salt, perseveringly used, has effected many cures of chronic disease of the spleen. Dose, a teaspoonful, three times a day."

Cholera-Morbus—For this disease, it is one of the best remedies known. It is to be used by adding one tablespoonful to one-half a tumblerful of water and as much good vinegar, and one teaspoonful of ground black pepper. Dose, two teaspoonfuls, every twenty minutes.

Fits and Convulsions—Salt is one of the best

remedies in these difficulties, especially in an apoplectic fit, where no time should be lost in pouring down salt-water, if sufficient sensibility remains to allow of swallowing; if not, the head must be sponged with cold water until the senses return, when salt will completely restore the patient.

Fever and Ague—The celebrated Dr. Broke gives the following: “Take a handful of fine, white salt, roast it in a stove with moderate heat till it becomes of a brown color, like coffee. Dose, for an adult, one tablespoonful, dissolved in a glassful of tepid water, and to be taken on each morning following the fever. To overcome the thirst that may follow, a small quantity of water should be taken through a straw. During the succeeding forty-eight hours after taking the salt, the food should be chicken or beef-broth. During eighteen years in which I have employed this remedy, I have been uniformly successful with it.”

Cough—In many cases of troublesome coughs, if the patient will take a “pinch” of salt on retiring at night, it will measurably relieve the difficulty and procure rest and sleep.

Bleeding of the Lungs and Stomach—For these affections it is unsurpassed, when *properly administered*. It should be given, in one-half teaspoonful doses, every twenty or thirty minutes, until the bleeding is checked, when nature will heal the lesion.

Diarrhea—Salt and cider-vinegar will cure obstinate cases of chronic diarrhea. See “Diarrhea.”

Falls and Blows—When apparently dead, from these causes, the administration of salt-water will soon restore the patient.

Worms—To one teacupful of tepid water, add one teaspoonful of salt. Use this quantity as an injection once

a day, and, in four or five days, the person is entirely free from the pin, or thread-worm.

Dyspepsia—Salt will cure some forms of this disease, when taken in doses of one-fourth to one-half a teaspoonful, twice a day.

Disordered Stomach—In many cases of this difficulty, one-half a teaspoonful of salt, dissolved in half a teacupful of water, will prove effectual, when taken twice a day—morning and evening.

Painter's Colic—Apply to the bowels a small sack of hot salt. It is better, however, to keep two in use; for while one is applied, the other can be warmed, and thus a constant succession sustained. Relief is frequently obtained with the first application. At the same time, take a half teaspoonful internally.

Pain in the Stomach—A small draught of salt and water usually affords speedy relief for this difficulty. A case in point: A gentleman was attacked with a severe pain in the stomach. For this difficulty, he purposed taking a whisky or brandy-toddy, when he was advised, by a friend, to take some salt-water. He did so, and, to his astonishment, it afforded him complete relief. Besides the relief from the pain, in this case, were there not, dear reader, two *specially* good results that flowed from the use of this remedy? namely, the prevention of the demoralizing effect that is liable to result from the use of intoxicating liquors, and of the honor that might have accrued to King Alcohol as having relieved the patient.

As regards the medicinal properties of this article, there is, perhaps, no natural production that possesses so *many* curative properties. And if it were employed in connection with the other simple remedies given in this volume for the treatment of diseases, their successful use would demonstrate their superiority over poisonous drugs.

Observation and many years' experience have fully convinced us that simple remedies and good nursing have accomplished better results than eminent physicians. And, indeed, if there were not a *single physician* on the *face* of the *earth*, there would be less sickness and fewer deaths than now take place. We should then depend more on the simples of nature than the dosing and drugging-system, which has occasioned, more than any one thing, so much degeneracy of the human body. Thousands daily die, victims to medicine, who might have lived to a good old age, had they trusted to nature and simple remedies. A no less distinguished physician and author than John Mason Good says, "That medicine has destroyed *more lives than war, pestilence and famine combined.*"

YELLOW FEVER—NEW REMEDY.

The following, it is said, has proved uniformly successful in the treatment of this dreaded disease, on the occasions of its recent visitations to different sections of this country:

The great thing is an immediate hot-vapor bath for the whole person. This may be prepared in the poorest hovel in the following manner, first giving an emetic of mustard and warm water:

Fill a wash-tub half-full of boiling water, throwing into it a pound of good ground mustard and a quart of good whisky or brandy. At the same time, prepare a foot-tub in the same way, except that the water in it shall

be only as hot as can be borne. Place over the large tub a chair, and just as the patient is seated in it give him a half-teacupful of castor-oil. His feet, of course, are in the small tub and his body over the large one. Then cover him up, on every side, with blankets. Keep up the heat of the water in the large tub by throwing into it, occasionally, red-hot bricks or irons, and go on in this way for from fifteen minutes to half an hour. In the meantime, from the first, give all the pulverized ice the patient can swallow, as long as he is in the bath. The oil will generally operate while he is in the bath. Keep this up for half an hour, unless the pains cease or the patient is too weak. Then place him in bed with the bath-blankets wrapped around him, and give him melon-seed tea for the kidneys, and a little dovers powders to induce sleep. He will sleep two or three hours; and on waking, should the pains re-appear, apply mustard-plasters. Continue the moderate sweating and melon-seed tea for a few hours, until the fever is completely broken up, and then change the bed and body-linen. Then, nurse him carefully for two or three days, with light food, stimulants, keeping the pores and bowels open and the kidneys active, and you have a safe convalescent. This remedy, when timely and faithfully used, has never been known to fail.

TABLE OF DOSES FOR CHILDREN.

OF LIQUIDS.

If the dose of a grown person is one teaspoonful, or..... 60 drops.

A child's, one year old and under, should be..... 3 "

“ from 2 to 4 years old, “ “ 5 “

" " 4 " 8 " " " " 10 "

	"	"	8	"	13	"	"	"	"	"	10	
	"	"	8	"	13	"	"	"	"	"	12	"

“ “ 13 “ 18 “ “ “ “ 20 “

		18	21					28
"	"	18	" 21	"	"	"	"	30

And from about 21 " 50 " " " " 60 "

and from about 21 to 50	50
“ “ “ 60 and upwards, about	30

When a teacupful, or twelve tablespoonfuls is a dose for an adult—

A child's, one year old and under, should be..... $\frac{1}{2}$ tablespoonful.

“ from 2 to 4 years old, “ “ 1 “

From 2 to 4 years old,	1	
" " 4 " 8 " " " " " " " " " "	2	"

"	"	8	"	13	"	"	"	"	2 $\frac{1}{2}$	"
---	---	---	---	----	---	---	---	---	-------	-----------------	---

[illegible]

" " 18 " 21 " " " " $\frac{1}{2}$ teacupful.

And from about 21 " 60 " " " " 1 "

IN DRY MEASURE.

If the dose for an adult is..... 1 drachm.

That for a child 1 year old should be..... 3 grains.

"	"	"	2	"	"	"	4	"
---	---	---	---	---	---	---	-------	---	---

“ “ “ 4 “ “ 10 “

" " " 8 " " "15 "

“ “ “ 13 “ “ “ 20 “

“ “ “ 18 “ “ 30 “

“ “ “ 21 and upwards 60 “

TABLES.

FLUID MEASURES.

4 Gills make..... 1 pint, pt.

2 Pints.....	1 quart, qt.
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4 Quarts	1 gallon, gall.
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60 drops make..... 1 fluid drachm.

8 drachms make..... 1 fluid ounce.

16 ounces make..... 1 pint.

A tablespoon contains..... $\frac{1}{2}$ ounce.

A pint " 16 ounces.

A teacup	"	1 gill.
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Δ wineglass " 2 ounces.

A teaspoon " 60 drops.

Four teaspoonfuls are equal to one tablespoonful.

Three teaspoonfuls are equal to one dessert-spoonful.

DRY MEASURE.

A tablespoon contains.....	4 drachms, or $\frac{1}{2}$ ounce.
A teaspoon ".....	1 drachm.
A teaspoon ".....	60 grains.
A teacup ".....	12 tablespoonfuls.
A wineglass ".....	4 " "

APOTHECARIES' WEIGHT.

20 Grains, or grs., make.....	1 scruple, scr., or \mathfrak{z}
3 Scruples.....	1 drachm, dr., or \mathfrak{z}
8 Drachms.....	1 ounce, oz., or \mathfrak{z}

Medicines should always be weighed or measured. It is advisable to have a graduated glass measure for liquids, which can be purchased at any drug-store, which gives the drops, drachms and ounces.

The following tables are employed by physicians and druggists:

60 minims (mlx)	make one fluidrachm ($\mathfrak{f}\mathfrak{z}\mathfrak{j}$), or 60 drops.
8 fluidrachms ($\mathfrak{f}\mathfrak{z}\mathfrak{viii}$)	make one fluidounce ($\mathfrak{f}\mathfrak{z}\mathfrak{j}$.)
16 fluidounces ($\mathfrak{f}\mathfrak{z}\mathfrak{xvi}$)	make one pint (oct.j.)
8 pints (oct.viii)	make one gallon (cong.j.)

For the "pint"—*octarius*, O. or Oct. is used; for the "gallon"—*congius*, Cong. is the abbreviation. $\mathfrak{a}\mathfrak{a}$, or ana, means "of each." Drops (*guttæ*) are frequently named or prescribed; in medicine, a drop (*gtt*).

The characters marked on weights and graduated measures are explained as follows:

$\mathfrak{z}\mathfrak{j}$ one ounce.	$\mathfrak{f}\mathfrak{z}\mathfrak{j}$ one fluid drachm.
$\mathfrak{f}\mathfrak{z}\mathfrak{j}$ one fluid ounce.	$\mathfrak{z}\mathfrak{ss}$ half a drachm.
$\mathfrak{z}\mathfrak{ss}$ half an ounce.	$\mathfrak{d}\mathfrak{j}$ one scruple.
$\mathfrak{z}\mathfrak{j}$ one drachm.	$\mathfrak{d}\mathfrak{ss}$ half a scruple.

The marks and words used by physicians and apothecaries may be a little more fully explained by the following table:

\mathfrak{R} stands for <i>recipe</i> , and means <i>take</i> .	<i>Gr.</i> means a grain.
$\mathfrak{a}\mathfrak{a}$ means <i>of each</i> .	<i>Gtt.</i> means a drop.
<i>lb.</i> means a pound.	<i>M.</i> means mix.
<i>Cong.</i> means a gallon.	<i>Mist.</i> means a mixture.
<i>Decoct.</i> means a decoction.	<i>Pil.</i> means a pill.
<i>Ft.</i> means make.	<i>Pulv.</i> means a powder.
<i>Garg.</i> means a gargle.	<i>S.</i> means write.
	<i>ss.</i> means a half.

FRENCH DECIMAL WEIGHTS.

One centigramme is equal to.....	$\frac{1}{4}$ grain.
Two centigrammes ".....	$\frac{1}{2}$ grain.
One demi-decigramme ".....	1 grain.
One decigramme ".....	2 grains.
One gramme.....	18 grains.
One gramme and three decigrammes are equal to.....	1 scruple.
Two grammes.....	$\frac{1}{2}$ drachm.
Four grammes.....	1 drachm.
One decigramme is equal to.....	2 drachms and 36 grains.
Three decigrammes and two grammes are equal to.....	1 ounce.
Demi-kilogramme.....	1 pound.
Kilogramme.....	2 pounds.

HOW TO PREPARE POULTICES.

Starch-Poultice.—Thicken starch with boiling water. When slightly cool, stir in a little lard.

Linseed or Flax-seed Poultices.—Boiling water should be poured into a heated bowl, and into this the seeds or meal quickly sprinkled with one hand, while the mixture is constantly stirred with a knife or spatula with the other, till a thin, smooth dough is formed. If the water be added to the meal, little knots are apt to collect. The dough should be quickly spread on warm linen already cut to the required shape, or put into a bag, and applied. Linseed-meal retains heat and moisture for a long time, but is liable to irritate delicate or inflamed skin.

Bread-Poultices.—Put slices of bread into a basin, pour over them boiling water, and place by the fire for a few minutes, when the water should be poured off, replaced by fresh-boiling water, and this again poured off, and the bread pressed, beaten with a fork, and made into a poultice. Bread-poultices are valuable for their bland, non-irritating properties.

Charcoal-Poultices.—Uniformly mix charcoal with bread-poultice, and just before the application of the poultice sprinkle the surface with a layer of charcoal. Or charcoal may be sprinkled on a wound or ulcer and a simple bread-poultice applied over it. Charcoal-poultices correct offensive smells from foul sores, and favor a healthier action.

Carrot-Poultices.—Boil carrots quite soft, mash them with a fork, and apply in the ordinary way. They are said to make wounds cleaner and healthier.

Poultices are chiefly useful in the following complaints: Pneumonia, pleurisy, bronchitis, pericarditis, peritonitis, acute rheumatism, lumbago, and to mature and facilitate the discharge of matter in abscesses, boils, etc.

When used to mature abscesses or disperse inflammation, poultices should extend beyond the limits of the inflamed tissue; but after the discharge, the poultices should be very little larger than the opening through which the matter is escaping. If continued too long, large poultices sicken and irritate the parts, and may develop fresh boils around old ones.

In pneumonia and all deep-seated inflammations, they should be renewed as soon as they become cool, and the former one not disturbed till the fresh one is ready to replace it. In bronchitis and pneumonia, a *jacket-poultice*, to go round the chest, with tapes to secure it in front and over each shoulder, is necessary to insure efficient and uniform action.

To retain heat for a long time, poultices should be covered with oil-silk, or with a layer of cotton-batting. One of these methods is preferable to a very thick poultice, which might cause inconvenience or pain.

In acute lumbago they must be applied thick, hot, large enough to cover the affected part, and be renewed immediately they become cool. After continuing this treatment for from one to three hours, the skin should be wiped dry and covered with flannel, and this again with oil-silk or cotton. Like the poultice, this last application promotes free secretion from the skin, to which the good results are mainly due.

As a substitute for a poultice, *Spongio-piline* may sometimes be used. It is made of sponge and wool felted together in three layers, and coated on one of its surfaces with an impermeable substance. By moistening the soft inner surface with water, the warmth and moisture of the ordinary cataplasm or poultice are secured; or by sprinkling the same surface with lotions it may be made the vehicle for various medicinal substances. *Spongio-piline* is often valuable during the formation of abscesses or irri-

table sores, and especially when required for persons pursuing their usual occupations. But for the relief of severe pain, a large, hot poultice is more soothing. Poultices should be continued till pain has subsided, or the sore begun to granulate; afterwards a wet compress, covered with oil-silk, should be applied.

Dry Dressings.—If the edges of wounds be brought and kept together, all foreign particles having been removed, they may often be allowed to heal without any assistance beyond the additional support and protection of rollers of lint. Blood, if already covering the part, is the best and most protective plaster. Layers of cotton and lint exclude air, moisture and infecting germs, and promote healthy action. Dry earth or clay, finely powdered and sifted, is recommended by Dr. Groves for putrid wounds or cancerous sores.

Poke-root Poultice.—Place the fresh root in hot ashes, allow it to roast until soft, pound and apply in the form of a poultice. This will discuss or “scatter” tumors, if applied in time; otherwise it will hasten their suppuration. It should be renewed three times a day.

In general, poultices are best applied warm or tepid; they should not be suffered to get dry before renewed.

Elm-Poultice.—Take elm-bark in powder, or fresh bark pounded; hot water, a sufficient quantity to form a poultice of the proper consistence; mix. This poultice is very valuable in all cases of burns, scalds, swellings and ulcers, painful tumors, and wherever a soothing poultice is required. This poultice is seldom equaled.

Brown Sugar and Soap Poultice.—Mix equal parts of the sugar and soap; very valuable for boils.

Discutient Poultice.—Make a very strong tea of white-oak bark, and thicken with corn-meal; apply it as hot as can be borne, and change it every two or three hours. This will discuss or “scatter” tumors or swellings.

Hop-Poultice.—Boil a handful of hops for a few minutes in a pint of water, in a covered vessel, squeeze out the juice and strain. The liquor is now to be put again on the fire and thickened with Indian meal, and a small portion of lard is to be added while it is cooling.

Lobelia-Poultice.—Powdered lobelia and ground slippery-elm bark, each, one ounce. Stir these into hot, weak lye, to make a poultice. For wounds, fistula, whitlow, boils, erysipelas and stings of insects.

Lye, or Alkaline Poultice.—Take, of lye, rather weak, warm it, and stir in of slippery-elm bark sufficient to form a poultice.

This poultice is useful in inflammation of the breast and other parts, in felons, white swellings, lock-jaw, wounds, fistulas, etc.

Yeast-Poultice.—Take, of milk, blood-warm, one pint; yeast, one gill. Stir in fine, slippery-elm bark, to form a poultice.

Applied to gangrenous ulcers, it is more efficacious than any other; it sooner arrests mortification, used with proper auxiliaries. It is also very servicable in other species of inflammation.

Sumach-Poultice.—Take, of the bark of the roots of the common sumach; bruise it well, and boil in sweet milk or water for twenty minutes; then thicken with corn-meal. This is a highly valuable poultice for all kinds of foul ulcers, and especially those which affect the bones.

Potato-Poultice.—Boil the common potato, mash or bruise soft, and then stir in the slippery-elm bark.

This poultice has been used with success in inflammatory sore eyes of an acute character, when other means have failed.

Mustard-Poultice.—A sufficient quantity of powdered mus-

tard should be taken to make a thin paste. This should be mixed with boiling water, with a small quantity of vinegar added, if a very strong poultice is required, and spread on brown paper or cloth, with a piece of thin muslin over it.

A mustard poultice should generally be kept on from ten to twenty minutes. If the skin is very irritable afterwards, a little flour should be sprinkled over it. This will remove the burning sensation. It is said that if the white of an egg is used to mix the mustard with, it will prevent it from blistering.

Ginger-Poultice.—Wet flannel in hot vinegar and sprinkle on ground ginger—good for toothache.

Hot Water.—In bruises, hot water is most efficacious, removing pain and totally preventing discoloration and stiffness. It has the same effect after a blow. It should be applied as quickly as possible, and as hot as it can be borne.

Flour-and-Ginger Poultice.—Equal parts of flour and ginger should be applied in poultice; are excellent for “drawing boils to a head.”

Black-Willow Poultice.—Take the bark of the black-willow

root (called pussy willow), pulverized, a sufficient quantity; form it into a poultice by the addition of cream.

This is the common poultice of the celebrated Dr. Bone, of New Jersey, who acquired great celebrity for the successful treatment of inflammation and ulcers.

Onion-Poultice.—Made in the same way as the carrot-poultice. This is stimulating and induces indolent sores to mature more freely. It is excellent for boils.

Mush-Poultice.—Stir Indian meal, in small quantities, into water kept boiling until the whole has acquired the proper degree of consistence or thickness.

Oat or Corn-Meal Poultice.—Place hot water in a basin, and stir in the meal slowly, while it boils, till the poultice is of the right thickness; that is, till it will not run on the cloth on which it is spread.

Stimulating Poultices are required for two purposes: either to hasten the separation of a dead part or slough or “core.” For the first of these objects, yeast, stale beer-grounds or molasses is used; for the second, mustard.

HOW TO PREPARE FOMENTATIONS.

Fomentations are employed for the purpose of lessening pain and inflammation, and for relaxing parts. They are usually composed of bitter herbs, steeped for a time in hot water or hot vinegar and water, and then placed in muslin cloth, and applied over the affected part as hot as can be borne. Care must be taken not to moisten the clothing of the patient or the bed.

They are to be renewed often; the more severe the pain or inflammation, the more frequently they should be renewed or changed.

Hop-and-Vinegar Fomentation.—Valuable for pain in the head, bowels and other parts.

St. Johnswort Fomentation.—This will discuss or scatter

caked breasts, tumors and swellings.

Boneset Fomentation.—This is valuable for any painful or inflammatory part or swelling.

Wild-Indigo Fomentation.—This is very valuable for dispelling tumors of the breast.

Hemlock Fomentation.—A fomentation of the leaves of the hemlock will relieve the pain and swelling of the testicles caused by the transmission of the mumps to these parts. It may, likewise, be applied, with equal effect, to similar swellings of the breasts of females.

Poke-Leaf Fomentation.—This will relieve painful piles.

Smart-weed Fomentation.—This will prevent or remove the black and blue spots from bruises, especially those of the eye.

Stramonium - Leaves Fomentation.—This is valuable for relieving inflammation of the stomach and bowels.

Hops are also valuable for the same.

Mullen-Leaf Fomentation.—This is useful for dispelling tumors.

HOW TO PREPARE DECOCTIONS.

Decoctions are certain preparations of medicines and drinks, made by boiling substances in water for a considerable time.

They should be kept covered during the process, and strained while hot.

The usual proportions of vege-

table substances, in preparing decoctions, is one ounce of the root or plant used to a pint of water.

Vegetables designed for decoction should be cut into slices, or bruised into a coarse powder, that their strength may be more easily extracted.

HOW TO PREPARE INFUSIONS.

Infusions, or, as they are frequently called, teas, are prepared by putting a handful (from half an ounce to an ounce) of the herb, root or bark in a pint of boiling water (in some cases cold water may be employed). Porcelain or glass-vessels are preferred, for preparing them in, and they should be

kept covered. There are some medicinal articles, whose virtues are injured or destroyed by boiling; consequently, such are made, when required for use, into infusions. In warm weather they should be made every day; in the winter, every other day.

INJECTION OR CLYSTER (Enema).

These are liquid preparations, to be introduced into the rectum, or lower bowel, by means of a syringe. A large syringe should always be used for adults, and a small one for infants and children. This enables the practitioner or nurse, one of whom should always perform this simple operation, to throw up the injection to such an extent or distance as will be exceedingly efficacious. Sometimes the stomach is in such a state that medicine, especially cathartic medicine, cannot be given or retained in order to

act on the bowels. In this case, the syringe is very useful. In general, injections should take the place of cathartics, and it is extremely probable that people would have been in a much better condition, *physically*, had there never been a cathartic administered; and this we deem a safe rule to follow, in all cases—that neither the one nor the other should ever be used except in cases of great urgency, or necessity, and their use discontinued as soon as possible.

HOW TO MAKE TINCTURES.

The preparations called tinctured are made by bruising the roots, leaves or barks used, to a coarse powder, and placing it in the proper amount of diluted alcohol (equal parts of alcohol and

water) or whisky, letting it stand from seven to fourteen days, shaking it several times each day. Tinctures are generally made by taking an ounce of the medicinal substance to one pint of spirits.

DIVISION NINTH.

INFORMATION FOR EVERYBODY.

HOW TO BECOME FAT OR PLUMP.

Activity of mind or body prevents fattening. Sufficient rest must be taken. Persons who desire to become plump and remain so should retire about 10 P. M., and should sleep until 6 or 7 A. M. A brain-worker needs more sleep than a muscle-worker. Pleasure or recreation, before going to bed at night, is desirable. A drink of water should be taken immediately on rising. It should be fresh water, and not that which has stood in lead pipes, or in a pail. It should not be too cold. The breakfast should be plain and substantial, the year round, especially in summer. Potatoes, meat or fried mush, or oat-meal porridge, bread and butter. The drink may be milk and water, sweetened. If tea or coffee is used they should be taken with plenty of milk. A drink of water may be taken an hour or two after a meal—it aids digestion. If any one becomes faint before dinner, let him eat a cracker and take a glass of water. The hearty meal of the day should not come later than five hours after breakfast. Soup should be taken at this meal. It helps digestion.

There are certain Brahmins or Priests in Asia who are very corpulent. Their diet consists of vegetables, milk, sugar, sweet-meats and "ghee." Dr. Fothergill states that a strict vegetable diet produces fat more certainly than other means. Condiments, spices and stimulants should not be taken, unless they are very mild. Much cold water, at meal-times, should be avoided. It chills the stomach. Every meal should be eaten slowly and with pleasant company, and a half-hour, at least, of rest taken afterward, if possible. If a full, hearty meal lies heavy on the stomach, as it often does, with dyspeptics, a drink of hot water, sweetened or salted to the taste, aids much to complete digestion. About 3 or 4 P. M., a drink of water should be taken. Supper should be light: bread and butter and tea, with some mild sauce, are very good. Children and old people should retire early.

Another method of becoming plump is a free diet of oysters. They may be taken in any form, raw or cooked, but they should be eaten without vinegar or pepper. To sum up, then: to become plump, one must use plenty of water, starchy food, oysters, fats, vegetables, sweets, and take plenty of *rest*.

HOW TO REDUCE EXCESSIVE FAT, OR COR- PULENCE (Obesity).

This is excessive accumulation of fat under the skin and around the organs of the body, so as to exercise a prejudicial influence on the health, usefulness or comfort of the patient. It is not a favorable condition for resisting disease.

Treatment—The treatment of corpulence brought prominently before the public by Mr. Banting, in the simple story of his remarkable experience, proves that a proper diet alone is sufficient to remove the condition, with its long train of evils, without the addition of nauseous drugs or of those active exercises which it is in vain to instruct unwieldy patients to take.

The chief feature in the *Banting dietary* is the exclusion of two elements—starch and sugar—from the ordinary food of a well-to-do gentleman: *Bread* (except toasted, or the crust off a common loaf), *potatoes*, *sweet roots*, *butter*, *sugar*, *cream*, *beer*, *port* and *champagne*.

These articles of food and drink contain starch or saccharine matter, and are the chief fat-producing elements in our dietary, and to relinquish them is often the only means necessary to escape the thralldom of corpulence. In one year, on this diet, Mr. Banting reduced his weight 46 pounds, and his bulk about 12 inches; at the same time his numerous corporeal infirmities were greatly mitigated or altogether removed. Seven years afterward he wrote,

“I can conscientiously assert that I never lived so well as under the new plan of dietary, which I should formerly have thought a dangerous, extravagant trespass upon health; I am very much better, bodily and mentally, pleased to believe that I hold the reins of health and comfort in my own hands.”

For the guidance of the corpulent, it may be said that the fat of meat, butter, cream, sugar and sweets, pastry, puddings, farinaceous articles, as rice, sago, tapioca, etc., potatoes, carrots, parsnips, beets, sweet ales, porter, stout; port wine and all sweet wines, should be avoided, or only taken to the most sparing extent. The articles allowable, and they should be taken to the

extent of satisfying a natural appetite, are lean meat, poultry, game, eggs, milk moderately, green vegetables, turnips and juicy fruits. Wheat-bread should be consumed sparingly; brown bread is, to some extent, better than white.

A new remedy has recently been introduced, which is said to excel anything yet known, for reducing excessive fat without injury to the health. It is the *Fucus Vesiculosus*, of which the fluid extract is to be used in teaspoonful doses, three or four times daily. This herb is also known as *Sea-Wrack*.

Dr. Chapman writes of three cases, where *Fucus* reduced the weight from about two hundred pounds to near one hundred and thirty pounds.

Another remedy recommended for this purpose, is liquor potassa. The dose would be, to commence with, about half a teaspoonful, in a little water or milk, three times a day, gradually increased to a teaspoonful, and finally to about two teaspoonfuls. It should be taken about an hour after eating.

Accessory Treatment—As to exercise, if the person is vigorous, the best thing he can do is to walk as much as he can every day. The greater number of hours that can be devoted to this exercise every day, the quicker will be the diminution of the bulk of the body. Riding on horseback is also good exercise for a person in this condition. All kinds of out-door exercise are conducive to the object sought to be accomplished.

The bowels must not be suffered to become or remain costive.

DISEASES PRODUCED BY TIGHT CLOTHING.

Medical authorities agree on the following, as being a list of the principal diseases that are caused by tight dressing: Apoplexy, headache, consumption, giddiness, jaundice, womb-diseases, cancer of the breast, asthma, spitting of blood, palpitation of the heart, water on the chest, cough, abscesses in the lungs, eruptions, diseases of the kidneys, bad digestion and loss of appetite. And to these consequences should be added that of bearing generally unhealthy and deformed children, a large proportion of which soon find a premature grave, while others swell the list of the inmates of asylums and almshouses.

The only plea in defense of the course that has produced this vast array of disease, misery and death, is the effort to enhance beauty. Will human beings ever learn that they *cannot* thwart nature? that, if they trespass on her rights in one respect, they are sooner or later destined to pay the penalty? and that naturally attired persons are those who more readily acquire and maintain true beauty? Every article of clothing worn by man, woman or child should be suspended from the shoulders. Not *one* article should be worn tighter than if it were naturally laid or placed around the body, without a particle of effort to stretch or draw it; and every article of clothing which cannot thus be worn, had better be “cast into the flames.” Many ladies maintain that they wear their clothing loosely. They may imagine that such is the case. Yet, at the same time, it is seldom that one can be found who is not sadly mistaken on this point, and who does not really wear her clothing unnaturally tight, while much of it is suspended in that most pernicious way—*from the hips*.

There are some devotees of fashion who have conceived the idea that *the beau ideal of beauty* consists in the chest being compressed into a wasp-like waist, or an hour-glass shape. But it is gratifying to know that these giddy persons have but few admirers, except the dandy and the fop, who have but little to pride themselves on, except their fine linen and delicate hands. It can be justly said, that there are *many* evils in our midst, that are infinitely less in magnitude, which are suppressed by law, and that this custom stands prominent, in its destructive effects, with those other arch-enemies of human health, *whisky, tobacco and impure air*.

We have little doubt that this dreadful practice has done more, within the last hundred years, than war, pestilence and famine, toward the physical deterioration and destruction of our race. It is not impossible, even, that it is doing more harm than that giant-evil, intemperance, in all its loathsome and disgusting forms; because the evils of intemperance, as far as the perpetuation of the race is concerned, are in a great measure, confined to the victim himself. The children of drunken fathers have no natural appetite for intoxicating liquors. If they acquire this depraved taste, it is through the criminal imprudence of those who bring them up. But in the case of the unfortunate victims of tight dressing, all the sins of the mother are visited upon her helpless offspring, who, in turn, propagate disease and deformity until impotence ensues and the family is extinct.

We have no hesitation in saying, that the instances in which ladies, in this country, do not dress too tightly, are the rarest of all exceptions to an almost universal rule; so rare, indeed, that few can be found at any age; and it is doubtful if ten ladies, American-born, can be found, in any city of the United States, who are not now

distorting their natural proportions, undermining their health and laying the firm foundations of future disease and death, by wearing tight clothing.

In fact, almost any lady may be made to convict herself of this sin, and actually does so, in almost every conversation which she holds upon this subject. If accused of wearing tight dresses, she will indignantly deny it. If asked if the dress she has on is comfortable, she will answer in the affirmative. Now, if we further inquire, whether she feels better in it than in a loose dress, she will, at once, impulsively reply, "Oh, yes; for, in a loose dress, I feel the want of a support." She is simply like the rum-drinker without his accustomed dram; that is, she has dressed tightly for so long a time that she has paralyzed the muscles of her body, and they no longer perform their natural office of supporting, so that she has to substitute cotton, linen and whalebone in their stead. If the practice is continued, deformity and disease must, as a matter of course, soon result. The only remedy is, at once and forever, to abandon the stays and the hip-suspended skirts, and suffer the discomfort until such time as the muscles, by exercise, shall regain their natural activity and resume their proper functions. Any woman who will not do this may despair, at once, of health, beauty and long life for herself, and of strong and well-developed children.

Deformity is not merely the occasional, but the inevitable result of tight dressing. No woman can persevere in the practice and escape deformity; as a surgical examination, were they disposed to submit to it, would immediately show. When tight dresses have been applied to girls before the bones have attained solidity—a common practice with almost all young girls—a lateral or sideways curvature of the spine is the speedy effect.

And nothing is done to counteract this evil—no robust exercise—no health-giving work. Six hours a day in the school-room, two hours more for home-study, and as much as they please for novel-reading, thrumming the piano, embroidery, etc., make up the day of our young girls, from ten to sixteen years of age. Their parents do not require them to assist in domestic employments, because work is vulgar and unfashionable, and would soil the delicate whiteness and harden the soft texture of their pink and lily hands.

We have noticed, of late, that the fashion of broad belts, not unlike the fancy surcingle of a horse, is becoming quite common with fashionably dressed ladies. The design of this odious custom is, of course, to attract the attention of all observers to the taper smallness of the fair waists which are thus engirdled. This, in turn, must lead to more violent and deadly compression of the seats of vital energy, which must be crushed in order that they may be admired. The natural and necessary result is, more deformity and disease. These effects are heart-sickening to contemplate. Adieu to beauty, symmetry and grace! Our ladies seem resolved that they shall be banished from the earth.

TO WIVES—INCONSTANCY OF HUSBANDS.

The causes of disease are legitimate inquiries for a medical treatise. Domestic infelicity, standing prominently on the list, as a cause of the physical ills of humanity, demands some remarks on the subject. How to

continue the love the young wife has inspired, and how to maintain the regard and affection she has won, are very important inquiries for her. Though how sadly are they neglected! Wives are too prone to require love and admiration, when they are entirely regardless of the performance of those duties which inspire affection and esteem.

This fact should always be borne in mind: that love, affection and esteem are not matters of choice. We *cannot* control them *any more* than we can control the elements of the air. They come and go, according to merit. At any time, when the wife discovers that the affections of her husband are subsiding, she should closely examine her own course; for it is probable that the fault lies with her. Perhaps there is a perversion of those qualities on which were based his earlier love and esteem, which have been supplanted by those which are coarse, uncouth and repulsive. If she has practiced deception—suppressing her real disposition and character—as is sometimes the case, from her earliest acquaintance with her husband until after marriage, when she permits her real disposition, in its irritability and grossness, to again appear, it cannot but reasonably be expected that the husband's regard and affection will rapidly subside. Merit attracts love and esteem, and these are repelled where it does not exist. For an individual to demand affection and admiration, when *they* are not *due* or *merited*, is requiring that which is an impossibility for human nature to render. As well require one to take gall, and demand that it be to him sweet and savory. One very prolific cause of the alienation of the affections of the husband is the immodest and obscene language and unlady-like deportment of the wife. Words and acts, which are regarded as indelicate and unbecoming in the presence of

others, should be equally so in the presence of her husband alone. If there is one individual before whom proper actions and pure and choice language should be employed, *that person* should be the husband. Ladies not unfrequently make the remark that, before marriage, their husbands were very zealous and attentive; but long since this has changed. Very true. And how unmindful of the fact that, doubtless, *their own* demeanor has likewise changed; that before marriage, perhaps, they were models of propriety and elegance; but, having changed in these matters, a like change has been wrought in the husband.

No woman should be unmindful of the fact that, in consequence of conventional rules and education, we are led to look for and expect more of the chaste and refined sentiments in woman than in man; therefore, that which is pardonable in him in this respect is not in her.

Lewd Men—Vicious and lewd men have admitted that their first inconstancy to their married vows arose from their disgust at home; and yet, perhaps, the same state of affairs existed with those to whom they fled; but ignorance of this fact was bliss to them.

Unpleasant Home—If the home of the husband is one where he is accustomed to meet with reproaches and complaints, or if it is one of sullenness or gloom, he is liable to avoid it as much as possible, and seek elsewhere for solace and pleasure, that are denied him at his own house. If there is observed, at any time, a disposition on the part of the husband to pass his leisure hours away from home, you may suspect that you have rendered your presence offensive and undesirable, and your surroundings disagreeable. In order to reverse this order of affairs, cultivate a more cheerful disposition, adopt habits of neatness and order in your household affairs, strict tidiness of person, and an inclination at all times to fa-

miliarize yourself with those subjects in which your husband is most interested, in order to be entertaining and better company for him.

Health in the Home is another matter of prime importance. Healthy people are more attractive than the sick or feeble. And a sick-room is not a pleasant resort for husband or wife either. When sickness does unavoidably assail you, delegate to your nurse *special* supervision of your person and your room, and have all duties promptly and strictly attended to, and admit your husband to your bed-side only at times when affairs are properly arranged.

In conclusion, we would say that those wives who incorporate the foregoing suggestions into their domestic life will seldom have occasion to charge their husbands with infidelity to them. Besides, the health of both parties will thereby be very much promoted; for domestic infelicity invites disease.

To Make Home Pleasant—Endeavor to make the home of your husband pleasant and alluring. Let it be to him a haven of rest, to which he may turn from the weary trials and vexations of business. Make it to him a repose from care; a shelter from the outside world; a home, not for his person only, but for his heart; where he may find his greatest comfort. Should he be, at times, discouraged and dejected from the battles of life, soothe and comfort him. If his difficulties or ills make him petulant, make due allowance at these times for the frailties of human nature. As a wife, you should lend a helping hand in his struggles for the maintenance of the household; as much can be done, in various little matters, to lighten his burden.

TO HUSBANDS—INFIDELITY OF WIVES.

If a husband is indifferent as to his wife's affection for him, let him become obscene in his language, coarse and uncouth in his manners, and especially toward her, and he will soon accomplish the object of dampening the ardor of her love for him. And let there be coupled with this, the intemperate use of spirituous liquors, and he can scarcely fail to quench the last embers of her affection for him. The husband who is guilty of these indiscretions should not demand or expect the regard and love that are ordinarily due from the wife to the husband; for they have been justly forfeited. If she is a sensitive, affectionate woman, she may regret the loss of affection as much or more than he; and it may have caused her many an hour of sorrow and anguish of spirit. Nor is this all; if the husband is continually meeting his wife with reproaches, or allowing himself to be irritable in his intercourse with her, can he expect to be recompensed with fond affection? Scarcely, if his wife were an angel from the abodes of heaven. For the husband, through indolence and negligence, to fail to provide his wife and family with the necessary comforts of life, is another course that tends to alienate her affections. And should he, at any time, have reason to suspect her fidelity to him, he should carefully scrutinize his own actions; for some one or all of the above causes may have been the chief factor in bringing about this deplorable condition of affairs.

Every husband should extend towards his wife a certain degree of liberality; let her have money to make her various little purchases, without always being compelled to call on him and make pressing solicitations for it; as this is very unpleasant for her, and *not* a desirable task for any one. Every reasonable and liberal husband should and

will accord to his wife the same rights and privileges he exercises. He usually goes from home and returns at will, as business or pleasure may demand. And has *he* any natural rights in this respect which she does not possess? If the husband is animated by any of the true spirit of human kindness and liberality, he will no more ask or demand that the wife be eternally domiciled within the walls of home than he would thus himself consent to be immured.

We find a husband making investments at will, even to purchasing houses and lands, without consulting the wife. Should he not, then, accord to her the privilege of making her own little personal investments without incurring censure? We have not unfrequently observed cases in which, if the wife only made an investment of the most trifling article, even if it were but an item of literature, as a book or magazine, she subjected herself to reproach. Though the right course is, when it is not inconvenient, for wife and husband to consult in matters of contemplated purchases; and this is especially the case when their means are limited, or pecuniary embarrassment exists. For further remarks on this subject, the husband's attention is invited to the article addressed to wives, where he will find many observations that are likewise applicable to himself.

HOW TO PRODUCE MALE AND FEMALE CHILDREN AT WILL.

“This subject, novel as it may appear to some, has been, for many centuries past, an object of meditation and study; and extensive experiments have been made

for a great number of years in several of the European States to hasten its progress ; and foremost among these we find England, France and Belgium. Those experiments, at first made for the advancement of science only, have, of late years, become objects of speculation, and the knowledge of their results of very great value to the raisers of fine horses and cattle. We could not in so short a paper as this give the full history of those experiments ; a simple glance at the main points being, we deem it, sufficient to derive the necessary conclusions for the design of our theme. The governments of the states just mentioned have instituted establishments for the purpose of raising and improving horses, cattle and other animals, and men of science have deduced from close observations, and results carefully recorded for many years, the following facts :

“ 1. That the young obtained from a mare, cow or sheep, etc., when very young, was generally a male, when the male employed was of mature age, healthy and strong.

“ 2. When the female is of mature age, strong, healthy and well fed, the young is more commonly female, when the male employed is young, weak or exhausted by too often repeated copulation.

“ 3. That the young obtained from the same when at mature age, strong, healthy and well fed, was in nearly equal proportion, when the male employed was in a similar condition.

“ 4. That the young brought forth, when the female is old, are generally males, when the male employed is young and strong.

“ 5. That the young obtained from females, when in prime, being well fed and young, were generally females, when the male was not in prime, or when ill fed, or exhausted by frequent copulation, or too old.

“ 6. That the young obtained from the same, when ill fed and not in pride, were generally males, when the male was well fed, young, healthy, strong and *in full heat*.

“ 7. That if the female was exhausted by labor, or forced exertion, the young would be generally male, should the male employed be kept in and well fed.

“ 8. That the young would be female, should the female be kept at rest, and the male exhausted by labor or forced exertion.

“ 9. To conclude—that the offspring would more generally be male or female, according to their respective physical and procreative abilities (age being taken into consideration).

“ From the preceding statements we derive the following deductions: Man being an animal, having physical and procreative faculties analogous to those of the brutes, if a set of phenomena take place among these, the same must necessarily be produced in the human species, and if certain conditions of the physical body affect the offspring, the same physical conditions must affect the offspring in man.

“ To get a male child, the husband should take good, substantial and somewhat stimulating food, moderate exercise, pass his time pleasantly in the gay society of women, read lascivious novels, refrain from sexual pleasures for a time previous to the procreative connection with his wife. During the same time, the wife should live sparingly, particularly on vegetables, fatigue herself every day, take some medicines that reduce the sexual passion, and pass her time in the dry society of old women.” A common and convenient remedy for this purpose is lupulin, the yellow powder obtained by threshing hops. It should be taken in doses of six to ten grains, two or three times a day. It can also be found

at drug-stores. Or use spirits of camphor in two-drop doses on sugar, three or four times a day; at the same time add half a teaspoonful of baking-soda to a teacupful of water, and drink it during the day.

“To have female children, the opposite should be observed; the woman should live in the abundance of all good things, in the ball-room, etc., but should restrain her passion and preserve its whole force for the desired time; the male or husband, on the contrary, should reduce his physical abilities by actual labor, and at the same time reduce his procreative propensities by frequent, copious cold ablutions.”—[*John E. Van Molle, A. M.*

THE APPETITES.

Frequency of Sexual Intercourse—On this subject the late Dr. Hall says:

“Some require more drink than others; some more food than others; one cannot be a law to another; each man must be a law to himself. His reason must be brought into requisition to enable him to decide as to the extent of his indulgence. Each man for himself is practically interested in the question, How much must I eat? how much must I drink? These inquiries are constantly made of the physician, but it is utterly impossible to make a rule which would meet all cases; for some work harder than others, and the more work, the more food; the nearest we can get to it is, we must eat and drink until we are satisfied, until the sense of hunger and thirst is appeased; if these are present to the extent of making

themselves felt, giving rise to a proper desire to eat and drink, then we have not had enough, and ought to have more. These statements have been made to give an idea of the analogies of things, in order to throw light upon that most important, personal, practical question which so nearly concerns the happiness and well-being of every married man, and which is so often proposed to the physician, and would be proposed millions of times oftener did not certain feelings of delicacy prevent. Deficiencies and excesses in reproductive indulgences are productive of quite as much sin and sorrow and suffering as excesses and deficiencies in eating and drinking. Many starve to death because they have not enough to eat, and cannot get it; millions more die prematurely because they gluttonize. In a sense, man is always ready for the performance of the reproductive function if in vigorous health; not one in a million is otherwise, and when such a one is found, it is because he is deficient. Some women, not a few, have no such desires; on the contrary, there is an abiding aversion, approaching to disgust; multitudes more have them only for a short time after each menstrual flow. At the same time it is the wife's duty to acquiesce whenever indulgence is desired; and as indulgence involves no drain on her system, and when no inclination is present she can be passive, refusal becomes a crime, because one of two things will always happen, will inevitably happen; nothing but a miracle can prevent its happening in any one case: the man will go elsewhere, or his health, moral and physical, will suffer; and he cannot prevent either, any more than he could take wings and fly beyond the ocean.

“If a man is honorably faithful to his wife, and the reproductive functions are not performed to the extent of appeasing the appetite as to him, whether it is the result

of her unwillingness, or his not being disposed to annoy ; when, from any cause, real or imagined, it is so, he may maintain his integrity, he may honorably, from a high sense of principle and duty, and in consideration for his family, refuse outside gratifications, but nature will not be appeased for all that any more than a hungry man can be satisfied without food ; and this result follows : Nature is, in a sense, always manufacturing the reproductive substance or semen, as she is always manufacturing bile or urine, and when the bladder is full it must be emptied ; if not, inflammation takes place, and death follows within a week ; if there is no discharge of this reproductive fluid voluntarily, by the will, nature sends dreams, and there is a spontaneous emptying and involuntary evacuation, and the bed is soiled, as in children. When this fluid is not disposed of in the way nature designed when marriage was instituted, it accumulates in the vessels made to receive it, over-distension follows, dreams are the result, and they evacuate ; the name given to describe this is nocturnal emissions, and when this thing once becomes a habit of the system, it becomes as perfectly uncontrollable as that of nocturnal urination in a child ; it is a thing which takes place beyond any possible control, and can't be helped in any other way than by not going to sleep. There are medicines which will arrest this manufacture, but they endanger the destruction of the function, which would be just as much a crime as to cut off an arm or to destroy the sight. But these nocturnal emissions do not take place with impunity ; they grow, increase in frequency, bringing on such debilities of body as sometimes destroy life, and so affecting the mind as sometimes to destroy it, making it idiotic ; not always inducing such sad results, not often inducing them, but the tendencies are in that direction ; the constitution is always injured

and the moral character always impaired. Hence, it clearly follows, that any woman who, for a mere whim, or sheer badness, is willing to risk results like these, is unworthy of the sacred name of wife, and ought to be 'cast out,' because her life is a living lie and an habitual perjury, an accumulative crime, becoming more aggravated every day.

"Observation has demonstrated the fact the world over that the majority of men will not always continue to hold fast their integrity in these cases; their reasoning is they have a right; if this right is refused from a mere whim or caprice, they will seek gratification elsewhere.

"But as many do wrong things unwittingly, and would promptly and gladly correct the wrong-doing the instant it is made palpable to them, the hope is that multitudes of married women, especially young wives, may escape the rock upon which the domestic bark has been so often dashed, by having presented to their minds a clear idea of how these things work in practical, actual life, and of the value of one short lesson. Interpose no obstacle unless there is a clear necessity for it. If a sense of duty and love does not impel such a course, let that of cold policy avail, for it will certainly avert a world of domestic woes.

"There is another fact which is often overlooked; which is that, as a general rule, with men, an entire abstinence from sexual intercourse is attended with less difficulty and discomfiture than an occasional participation.

"A more delicate subject is still to be discussed; it is that of frequency; and, although no one can be a guide for another, any more than in quantity of food, yet it is capable of a satisfactory and accurate solution in the light of nature and instinct."

"If a man does not get enough food for the wants of

the system, he is made sensible of it by a certain feeling in the stomach; his attention is directed to the fact that he has a stomach; so in this other appetite, if not satisfied up to nature's want and need, there is a constant reminder of this want, that there is a reproductive nature; when the propensity is fully fed, the mind goes off to something else. If a man is very hungry, his attention is acutely and quickly attracted to everything eatable on the street; were he not hungry, he would pass wagon-loads without even the knowledge of their existence.

* * * * *

“The man who has not had the desires of his nature met, is committing adultery in his heart at the meeting of every fair form, and he cannot help its being said of him, he ‘looketh on a woman to lust after her.’ A man could not be a man were it otherwise, and it is utterly useless to blink the question. * * * *

Hence it is that marriage is a great purifier of the thoughts and intents of the heart, as all conscientious persons well know who have passed from the single to the married state. Therefore it clearly follows that all these sins, all these demoralizations, are justly laid at the door of the unwilling wife. The whole subject merits the deliberate and serious and mature consideration of every intelligent, conscientious and pure-minded woman. The law allows divorce on the ascertainment of such malformation as clearly makes reproduction impossible, because it is against nature; moral malformation is in effect the same. Indifference is a moral deformity, let alone aversion to the act.

“Besides all this, a woman of the class under consideration has married for a home, or for other unworthy reason, and not for love. She has perpetrated a deliberate fraud on her husband and on society, and has none of the

rights of a wife; nor can she justly claim her husband's respect or sympathies. Then there is a consideration which sinks her into deeper depths. She allows a man to spend his waking existence at his shop, his office, his store, or his manufactory, in labor and in toil, to support his household respectably, in comfort and abundance, to supply the means for dress, and for all the other calls incident to social life; while in return there is not accorded that consideration, and the exercise of those claims which of right belong to him; or if accorded, it is grudgingly, with the interposition of such obstacles, and the exhibition of such indifference, such an unwillingness, and with such an ungracious manner, that the mind can come to no other conclusion than that there exists an intensity of selfishness, which degrades any human being who possesses it to the level of the meanest of the race. Of course there can be no love there.

“There are other circumstances which show that the all-pervading appetite has not been appeased. Not only the debilitating occurrences already alluded to: the ‘looking after’ others lustfully, but in the early morning, on waking, there is a uniform rigidity of the reproductive parts, which shows the yearning of the instinct for its natural feeding, as a hungry man thinks of richly spread tables, just as the waking dream of the morning is breaking up the sleep of the night.

“There is still another and a fifth indication that nature has not had her satisfaction. When there is good bodily health, and the functions are vigorous and perfect, accompanied with honorable continence, there is in some cases, in the earliest part of married life, an instantaneous completion of the consummation even before an accomplished introduction.

“These considerations fully answer the important ques-

tion as to the measure of frequency, and indicate a rule of conduct which can be clearly and satisfactorily applied to all, of whatever age, temperament, habit or constitution. It is an unerring and perfectly safe principle of application in all possible cases, and to which, in healthy persons, there are no exceptions. To recapitulate: Marital consummations are to be accomplished to the extent—

“First, of preventing the ‘looking on a woman to lust after her.’

“Second, of preventing lascivious dreams.

“Third, of preventing the early morning rigidities.

“Fourth, of preventing the tendency of the mind to run off into evil and impure imaginings on the instant the attention is directed by sight or sound to anything which can bring to it thoughts on the great, controlling, prevalent subject.

“Fifth, of preventing instantaneous consummation; and,

“Sixth, of preventing great debility or any discomfort following the act.

“The frequency should be diminished until no discomfort whatever is experienced, even transient; just as in a dyspeptic condition of the stomach, a man should eat less and less each time, until no discomfort whatever is induced, and that is the proper measure for him; if that limited amount is continued for awhile, the stomach becomes stronger, and more can be indulged in, and more and more, until the person can eat as much as others without any inconvenience. But if in increasing the amount of food he does it too fast, and discomfort begins to show itself, he must at once diminish the amount to a satisfactory quantity. This is precisely the line of conduct to be pursued as to the subject under discussion.

“If weekly, or even annual consummations, are

followed by debilities, or exhaustion, or other indications of a strain on nature, then they are to be omitted, howsoever great the misfortune in any particular case; pitiful though it be, and commanding the sincerest sympathies of all generous minds. As in a man losing his fortune undeservedly, it is a hard case, but it cannot be helped."

The author of the foregoing article has offered some good suggestions, but failed to state some facts on the other side of the question, that are worthy of being recounted in this connection: In the first place, every husband should consider that his wife possesses rights in this matter as well as himself, which it is his duty to respect. Were it otherwise, it is possible for men of strong sensual natures, who, often-times, place no curb on their appetites, to render the life of delicate women intolerable to the last degree. They should look well to it that they do not abuse their rights and privileges, and not allow, as is frequently the case, brutal instinct to govern in the sexual treatment of their wives.

There are times and circumstances when the wife is justified in refusing the demands of the husband.

These are during her monthly periods; for one month after confinement; for three months after miscarriage, in order to avoid a recurrence of it; during convalescence from any ordinary sickness, while the woman is still weak and debilitated; in case of any uterine difficulty which renders cohabitation painful and of course injurious, and when the husband is under the influence of liquor.

During gestation or pregnancy, if the mental and physical well-being of the future child is considered, this intercourse will be sparingly indulged in.

The space allotted to this article will not admit of detailing, at length, the rights belonging to women, or

the better course to be pursued in case husbands fail to legitimately provide for them, and when they become brutal in their actions, vile and loathsome in their persons or dissipated in their habits.

TO AVOID EXCESSIVE INDULGENCES.

Married persons should adopt more generally the rule of sleeping in separate rooms, or at least in separate beds, as is the almost universal custom in Germany and Holland. This rule being adopted, several very important advantages would result in regard to health and comfort.

Opportunity makes importunity. For example, if pastries are where they continually attract the attention of children, there is a want and a request for them; but if out of sight, they would only be thought of when natural hunger came. So, if married persons slept in different rooms, the indulgences would only be specially thought of when there existed a natural, healthy appetite for the same; and as food is the more enjoyable from the longer interval of fasting, so here. In this way troublesome temptations are escaped, and a rational temperance would be practiced without inconvenience.

And it is well known, too, that if two persons, one sickly and the other healthy, occupy the same bed, one will become diseased without the sickly one becoming benefited. This is especially true when children sleep with old and feeble persons. Hence it is seldom the case that both the wife and husband are in perfect health,

in all respects, at all times; at least one party would be saved from injury by sleeping alone.

Abundant, sound, refreshing sleep is essential to the health and well-being of every one; how important to the toiling farmer, to the hard-worked mechanic, to a nursing mother, and to the mental laborer, that their sleep should not be disturbed at night; though how easily this may occur from a cough, groan or by simply turning in bed; and yet how difficult, when thus aroused, to sleep again, very many know by repeated experience.

But the space allotted to this article will not admit of the enumeration of all the evil effects that flow from two persons' occupying the same bed.

PREVENTION OF CONCEPTION.

There are cases in which the deformity of a woman's pelvis prevents her from giving birth to a living child, without endangering her life, or otherwise incurring great risks, by some disease that is dependent upon pregnancy. The grave question thence arises with her, How can cohabitation take place without jeopardizing her life and health? The following safe and almost universally effectual means may be adopted: Immediately after the sexual act she should use injections of as *hot* water as she can bear, or the other extreme, *very cold water*. To increase the efficiency of this, it is recommended by some that two or three teaspoonfuls of white sugar be added to each pint of water before using. Or, instead of the sugar, use half a teaspoonful of powdered borax, or as much of soda.

The following is a good means for accomplishing the same purpose: Use a piece of soft sponge, of appropriate size, which is passed up to the womb before connection, and withdrawn afterward, a cord being attached to it for this purpose. It is better that it should be wet in vinegar one part and water three parts, before using.

This is rendered more certain by employing an injection of one part vinegar to six parts of water.

The injection of this proportion of water and vinegar, used cold, will often answer the same purpose without any other means.

The sac, called the *Cundrum*, is sometimes worn by the male, and is effective in preventing conception, but its use is very injurious and unsatisfactory.

When, at any time, the period has arrived, and the lady is fearful that her courses will not make their appearance, let her take a vapor bath in the following manner: Take bay rum, sufficient to burn ten or fifteen minutes, perhaps a gill or more, and put it into a saucer or other shallow dish. Set it on fire and place it under a cane-bottomed chair, covered with a towel to protect her from being burned. Then let her be seated in the chair, with a large shawl or quilt thrown over her shoulders, and remain in that position until the spirits have ceased to burn, and thus take a thorough rum-bath. On the following morning take half a teaspoonful of powdered borax. It is seldom that a repetition of this means will be necessary in order to insure the appearance of her menses.

Injurious Mode of Prevention—A pernicious practice for preventing conception is that of making withdrawals during the sexual act. Few things are equally as unsexing and inflammatory to the nervous system.

Masturbation is no more so, because both exhaust one's own magnetism, without either obtaining a supply from the other party.

And again, withdrawals infuriate both. All who are sexually disappointed are compelled to hate those who disappoint them. In this, both are disappointed, and thereby each infuriates the other.

Impotency and other diseased conditions of the nervous system are also liable to flow from this practice.

The following table of the "barren weeks" will show to every lady the precise days in every month of the entire year in which she may safely indulge in sexual pleasures without danger of conception, and without finding it necessary to resort to any injurious or doubtful measures in order to avoid what, with many, would be an undoubted calamity. It is only necessary to observe that each one must begin to count from the date of the actual cessation of her menstrual flow.

TABLE.

Mensis begins.	Mensis ends.	Barren Period begins.	Barren Period ends.	Fruitful Period begins.	Fruitful Period ends.
Jan.... 1	Jan.... 3	Jan.... 16	Jan.... 22	Jan.... 23	Feb.... 12
" 2	" 4	" 17	" 23	" 24	" 13
" 3	" 5	" 18	" 24	" 25	" 14
" 4	" 6	" 19	" 25	" 26	" 15
" 5	" 7	" 20	" 26	" 27	" 16
" 6	" 8	" 21	" 27	" 28	" 17
" 7	" 9	" 22	" 28	" 29	" 18
" 8	" 10	" 23	" 29	" 30	" 19
" 9	" 11	" 24	" 30	" 31	" 20
" 10	" 12	" 25	" 31	Feb.... 1	" 21
" 11	" 13	" 26	Feb.... 1	" 2	" 22
" 12	" 14	" 27	" 2	" 3	" 23
" 13	" 15	" 28	" 3	" 4	" 24
" 14	" 16	" 29	" 4	" 5	" 25
" 15	" 17	" 30	" 5	" 6	" 26
" 16	" 18	" 31	" 6	" 7	" 27
" 17	" 19	Feb.... 1	" 7	" 8	" 28
" 18	" 20	" 2	" 8	" 9	Mar.... 1
" 19	" 21	" 3	" 9	" 10	" 2
" 20	" 22	" 4	" 10	" 11	" 3
" 21	" 23	" 5	" 11	" 12	" 4
" 22	" 24	" 6	" 12	" 13	" 5
" 23	" 25	" 7	" 13	" 14	" 6
" 24	" 26	" 8	" 14	" 15	" 7
" 25	" 27	" 9	" 15	" 16	" 8
" 26	" 28	" 10	" 16	" 17	" 9
" 27	" 29	" 11	" 17	" 18	" 10
" 28	" 30	" 12	" 18	" 19	" 11
" 29	" 31	" 13	" 19	" 20	" 12
" 30	Feb.... 1	" 14	" 20	" 21	" 13
" 31	" 2	" 15	" 21	" 22	" 14
Feb.... 1	" 3	" 16	" 22	" 23	" 15
" 2	" 4	" 17	" 23	" 24	" 16
" 3	" 5	" 18	" 24	" 25	" 17
" 4	" 6	" 19	" 25	" 26	" 18
" 5	" 7	" 20	" 26	" 27	" 19
" 6	" 8	" 21	" 27	" 28	" 20
" 7	" 9	" 22	" 28	Mar.... 1	" 21
" 8	" 10	" 23	Mar.... 1	" 2	" 22
" 9	" 11	" 24	" 2	" 3	" 23
" 10	" 12	" 25	" 3	" 4	" 24
" 11	" 13	" 26	" 4	" 5	" 25
" 12	" 14	" 27	" 5	" 6	" 26
" 13	" 15	" 28	" 6	" 7	" 27
" 14	" 16	Mar.... 1	" 7	" 8	" 28
" 15	" 17	" 2	" 8	" 9	" 29
" 16	" 18	" 3	" 9	" 10	" 30
" 17	" 19	" 4	" 10	" 11	" 31
" 18	" 20	" 5	" 11	" 12	Apr.... 1
" 19	" 21	" 6	" 12	" 13	" 2
" 20	" 22	" 7	" 13	" 14	" 3
" 21	" 23	" 8	" 14	" 15	" 4
" 22	" 24	" 9	" 15	" 16	" 5

Mensis be- gins.	Mensis ends.	Barren Pe- riod begins.	Barren Pe- riod ends.	Fruitful Pe- riod begins.	Fruitful Pe- riod ends.
Feb....23	Feb...25	Mar....10	Mar....16	Mar....17	Apr.... 6
"24	"26	"11	"17	"18	" 7
"25	"27	"12	"18	"19	" 8
"26	"28	"13	"19	"20	" 9
"27	Mar.... 1	"14	"20	"21	"10
"28	" 2	"15	"21	"22	"11
Mar.... 1	" 3	"16	"22	"23	"12
" 2	" 4	"17	"23	"24	"13
" 3	" 5	"18	"24	"25	"14
" 4	" 6	"19	"25	"26	"15
" 5	" 7	"20	"26	"27	"16
" 6	" 8	"21	"27	"28	"17
" 7	" 9	"22	"28	"29	"18
" 8	"10	"23	"29	"30	"19
" 9	"11	"24	"30	"31	"20
"10	"12	"25	"31	Apr.... 1	"21
"11	"13	"26	Apr.... 1	" 2	"22
"12	"14	"27	" 2	" 3	"23
"13	"15	"28	" 3	" 4	"24
"14	"16	"29	" 4	" 5	"25
"15	"17	"30	" 5	" 6	"26
"16	"18	"31	" 6	" 7	"27
"17	"19	Apr.... 1	" 7	" 8	"28
"18	"20	" 2	" 8	" 9	"29
"19	"21	" 3	" 9	"10	"30
"20	"22	" 4	"10	"11	May.... 1
"21	"23	" 5	"11	"12	" 2
"22	"24	" 6	"12	"13	" 3
"23	"25	" 7	"13	"14	" 4
"24	"26	" 8	"14	"15	" 5
"25	"27	" 9	"15	"16	" 6
"26	"28	"10	"16	"17	" 7
"27	"29	"11	"17	"18	" 8
"28	"30	"12	"18	"19	" 9
"29	"31	"13	"19	"20	"10
"30	Apr.... 1	"14	"20	"21	"11
"31	" 2	"15	"21	"22	"12
Apr.... 1	" 3	"16	"22	"23	"13
" 2	" 4	"17	"23	"24	"14
" 3	" 5	"18	"24	"25	"15
" 4	" 6	"19	"25	"26	"16
" 5	" 7	"20	"26	"27	"17
" 6	" 8	"21	"27	"28	"18
" 7	" 9	"22	"28	"29	"19
" 8	"10	"23	"29	"30	"20
" 9	"11	"24	"30	May.... 1	"21
"10	"12	"25	May.... 1	" 2	"22
"11	"13	"26	" 2	" 3	"23
"12	"14	"27	" 3	" 4	"24
"13	"15	"28	" 4	" 5	"25
"14	"16	"29	" 5	" 6	"26
"15	"17	"30	" 6	" 7	"27
"16	"18	May.... 1	" 7	" 8	"28
"17	"19	" 2	" 8	" 9	"29
"18	"20	" 3	" 9	"10	"30

Mensis be- gins.	Mensis ends.	Barren Pe- riod begins.	Barren Pe- riod ends.	Fruitful Pe- riod begins.	Fruitful Pe- riod ends.
Apr....19	Apr....21	May.... 4	May....10	May....11	May....31
"20	"22	" 5	"11	"12	June.... 1
"21	"23	" 6	"12	"13	" 2
"22	"24	" 7	"13	"14	" 3
"23	"25	" 8	"14	"15	" 4
"24	"26	" 9	"15	"16	" 5
"25	"27	"10	"16	"17	" 6
"26	"28	"11	"17	"18	" 7
"27	"29	"12	"18	"19	" 8
"28	"30	"13	"19	"20	" 9
"29	May.... 1	"14	"20	"21	"10
"30	" 2	"15	"21	"22	"11
May.... 1	" 3	"16	"22	"23	"12
" 2	" 4	"17	"23	"24	"13
" 3	" 5	"18	"24	"25	"14
" 4	" 6	"19	"25	"26	"15
" 5	" 7	"20	"26	"27	"16
" 6	" 8	"21	"27	"28	"17
" 7	" 9	"22	"28	"29	"18
" 8	"10	"23	"29	"30	"19
" 9	"11	"24	"30	"31	"20
"10	"12	"25	"31	June.... 1	"21
"11	"13	"26	June.... 1	" 2	"22
"12	"14	"27	" 2	" 3	"23
"13	"15	"28	" 3	" 4	"24
"14	"16	"29	" 4	" 5	"25
"15	"17	"30	" 5	" 6	"26
"16	"18	"31	" 6	" 7	"27
"17	"19	June.... 1	" 7	" 8	"28
"18	"20	" 2	" 8	" 9	"29
"19	"21	" 3	" 9	"10	"30
"20	"22	" 4	"10	"11	July.... 1
"21	"23	" 5	"11	"12	" 2
"22	"24	" 6	"12	"13	" 3
"23	"25	" 7	"13	"14	" 4
"24	"26	" 8	"14	"15	" 5
"25	"27	" 9	"15	"16	" 6
"26	"28	"10	"16	"17	" 7
"27	"29	"11	"17	"18	" 8
"28	"30	"12	"18	"19	" 9
"29	"31	"13	"19	"20	"10
"30	June.... 1	"14	"20	"21	"11
"31	" 2	"15	"21	"22	"12
June.... 1	" 3	"16	"22	"23	"13
" 2	" 4	"17	"23	"24	"14
" 3	" 5	"18	"24	"25	"15
" 4	" 6	"19	"25	"26	"16
" 5	" 7	"20	"26	"27	"17
" 6	" 8	"21	"27	"28	"18
" 7	" 9	"22	"28	"29	"19
" 8	"10	"23	"29	"30	"20
" 9	"11	"24	"30	July.... 1	"21
"10	"12	"25	July.... 1	" 2	"22
"11	"13	"26	" 2	" 3	"23
"12	"14	"27	" 3	" 4	"24

Mensis be- gins.	Mensis ends.	Barren Pe- riod begins.	Barren Pe- riod ends.	Fruitful Pe- riod begins.	Fruitful Pe- riod ends.
June....13	June....15	June....28	July.. 1	July.... 5	July....25
"....14	"....16	"....29	".... 2	".... 6	"....26
"....15	"....17	"....30	".... 3	".... 7	"....27
"....16	"....18	July.... 1	".... 4	".... 8	"....28
"....17	"....19	".... 2	".... 5	".... 9	"....29
"....18	"....20	".... 3	".... 6	"....10	"....30
"....19	"....21	".... 4	".... 7	"....11	"....31
"....20	"....22	".... 5	".... 8	"....12	Aug.... 1
"....21	"....23	".... 6	".... 9	"....13	".... 2
"....22	"....24	".... 7	"....10	"....14	".... 3
"....23	"....25	".... 8	"....11	"....15	".... 4
"....24	"....26	".... 9	"....12	"....16	".... 5
"....25	"....27	"....10	"....13	"....17	".... 6
"....26	"....28	"....11	"....14	"....18	".... 7
"....27	"....29	"....12	"....15	"....19	".... 8
"....28	"....30	"....13	"....16	"....20	".... 9
"....29	July.... 1	"....14	"....17	"....21	"....10
"....30	".... 2	"....15	"....18	"....22	"....11
July.... 1	".... 3	"....16	"....19	"....23	"....12
".... 2	".... 4	"....17	"....20	"....24	"....13
".... 3	".... 5	"....18	"....21	"....25	"....14
".... 4	".... 6	"....19	"....22	"....26	"....15
".... 5	".... 7	"....20	"....23	"....27	"....16
".... 6	".... 8	"....21	"....24	"....28	"....17
".... 7	".... 9	"....22	"....25	"....29	"....18
".... 8	"....10	"....23	"....26	"....30	"....19
".... 9	"....11	"....24	"....27	"....31	"....20
"....10	"....12	"....25	"....28	Aug.... 1	"....21
"....11	"....13	"....26	"....29	Aug.... 2	"....22
"....12	"....14	"....27	"....30	".... 3	"....23
"....13	"....15	"....28	"....31	".... 4	"....24
"....14	"....16	"....29	Aug.... 1	".... 5	"....25
"....15	"....17	"....30	".... 2	".... 6	"....26
"....16	"....18	"....31	".... 3	".... 7	"....27
"....17	"....19	Aug.... 1	".... 4	".... 8	"....28
"....18	"....20	".... 2	".... 5	".... 9	"....29
"....19	"....21	".... 3	".... 6	"....10	"....30
"....20	"....22	".... 4	".... 7	"....11	"....31
"....21	"....23	".... 5	".... 8	"....12	Sept.... 1
"....22	"....24	".... 6	".... 9	"....13	".... 2
"....23	"....25	".... 7	"....10	"....14	".... 3
"....24	"....26	".... 8	"....11	"....15	".... 4
"....25	"....27	".... 9	"....12	"....16	".... 5
"....26	"....28	"....10	"....13	"....17	".... 6
"....27	"....29	"....11	"....14	"....18	".... 7
"....28	"....30	"....12	"....15	"....19	".... 8
"....29	"....31	"....13	"....16	"....20	".... 9
"....30	Aug.... 1	"....14	"....17	"....21	"....10
"....31	".... 2	"....15	"....18	"....22	"....11
Aug.... 1	".... 3	"....16	"....19	"....23	"....12
".... 2	".... 4	"....17	"....20	"....24	"....13
".... 3	".... 5	"....18	"....21	"....25	"....14
".... 4	".... 6	"....19	"....22	"....26	"....15
".... 5	".... 7	"....20	"....23	"....27	"....16
".... 6	".... 8	"....21	"....24	"....28	"....17

Mensis be- gins.	Mensis ends.	Barren Pe- riod begins.	Barren Pe- riod ends.	Fruitful Pe- riod begins.	Fruitful Pe- riod ends.
Aug.... 7	Aug.... 9	Aug....22	Aug....28	Aug....29	Sept....18
" 8	"10	"23	"29	"30	"19
" 9	"11	"24	"30	"31	"20
"10	"12	"25	"31	Sept.... 1	"21
"11	"13	"26	Sept.... 1	" 2	"22
"12	"14	"27	" 2	" 3	"23
"13	"15	"28	" 3	" 4	"24
"14	"16	"29	" 4	" 5	"25
"15	"17	"30	" 5	" 6	"26
"16	"18	"31	" 6	" 7	"27
"17	"19	Sept.... 1	" 7	" 8	"28
"18	"20	" 2	" 8	" 9	"29
"19	"21	" 3	" 9	"10	"30
"20	"22	" 4	"10	"11	Oct ... 1
"21	"23	" 5	"11	"12	" 2
"22	"24	" 6	"12	"13	" 3
"23	"25	" 7	"13	"14	" 4
"24	"26	" 8	"14	"15	" 5
"25	"27	" 9	"15	"16	" 6
"26	"28	"10	"16	"17	" 7
"27	"29	"11	"17	"18	" 8
"28	"30	"12	"18	"19	" 9
"29	"31	"13	"19	"20	"10
"30	Sept.... 1	"14	"20	"21	"11
"31	" 2	"15	"21	"22	"12
Sept.... 1	" 3	"16	"22	"23	"13
" 2	" 4	"17	"23	"24	"14
" 3	" 5	"18	"24	"25	"15
" 4	" 6	"19	"25	"26	"16
" 5	" 7	"20	"26	"27	"17
" 6	" 8	"21	"27	"28	"18
" 7	" 9	"22	"28	"29	"19
" 8	"10	"23	"29	"30	"20
" 9	"11	"24	"30	Oct.... 1	"21
"10	"12	"25	Oct.... 1	" 2	"22
"11	"13	"26	" 2	" 3	"23
"12	"14	"27	" 3	" 4	"24
"13	"15	"28	" 4	" 5	"25
"14	"16	"29	" 5	" 6	"26
"15	"17	"30	" 6	" 7	"27
"16	"18	Oct.... 1	" 7	" 8	"28
"17	"19	" 2	" 8	" 9	"29
"18	"20	" 3	" 9	"10	"30
"19	"21	" 4	"10	"11	"31
"20	"22	" 5	"11	"12	Nov.... 1
"21	"23	" 6	"12	"13	" 2
"22	"24	" 7	"13	"14	" 3
"23	"25	" 8	"14	"15	" 4
"24	"26	" 9	"15	"16	" 5
"25	"27	"10	"16	"17	" 6
"26	"28	"11	"17	"18	" 7
"27	"29	"12	"18	"19	" 8
"28	"30	"13	"19	"20	" 9
"29	Oct.... 1	"14	"20	"21	"10
"30	" 2	"15	"21	"22	"11

Mensis be- gins.	Mensis ends.	Barren Pe- riod begins.	Barren Pe- riod ends.	Fruitful Pe- riod begins.	Fruitful Pe- riod ends.
Oct.... 1	Oct.... 3	Oct....16	Oct....22	Oct....23	Nov....12
" 2	" 4	"17	"23	"24	"13
" 3	" 5	"18	"24	"25	"14
" 4	" 6	"19	"25	"26	"15
" 5	" 7	"20	"26	"27	"16
" 6	" 8	"21	"27	"28	"17
" 7	" 9	"22	"28	"29	"18
" 8	"10	"23	"29	"30	"19
" 9	"11	"24	"30	"31	"20
"10	"12	"25	"31	Nov.... 1	"21
"11	"13	"26	Nov.... 1	" 2	"22
"12	"14	"27	" 2	" 3	"23
"13	"15	"28	" 3	" 4	"24
"14	"16	"29	" 4	" 5	"25
"15	"17	"30	" 5	" 6	"26
"16	"18	"31	" 6	" 7	"27
"17	"19	Nov.... 1	" 7	" 8	"28
"18	"20	" 2	" 8	" 9	"29
"19	"21	" 3	" 9	"10	"30
"20	"22	" 4	"10	"11	Dec.... 1
"21	"23	" 5	"11	"12	" 2
"22	"24	" 6	"12	"13	" 3
"23	"25	" 7	"13	"14	" 4
"24	"26	" 8	"14	"15	" 5
"25	"27	" 9	"15	"16	" 6
"26	"28	"10	"16	"17	" 7
"27	"29	"11	"17	"18	" 8
"28	"30	"12	"18	"19	" 9
"29	"31	"13	"19	"20	"10
"30	Nov.... 1	"14	"20	"21	"11
"31	" 2	"15	"21	"22	"12
Nov.... 1	" 3	"16	"22	"23	"13
" 2	" 4	"17	"23	"24	"14
" 3	" 5	"18	"24	"25	"15
" 4	" 6	"19	"25	"26	"16
" 5	" 7	"20	"26	"27	"17
" 6	" 8	"21	"27	"28	"18
" 7	" 9	"22	"28	"29	"19
" 8	"10	"23	"29	"30	"20
" 9	"11	"24	"30	Dec.... 1	"21
"10	"12	"25	Dec.... 1	" 2	"22
"11	"13	"26	" 2	" 3	"23
"12	"14	"27	" 3	" 4	"24
"13	"15	"28	" 4	" 5	"25
"14	"16	"29	" 5	" 6	"26
"15	"17	"30	" 6	" 7	"27
"16	"18	Dec.... 1	" 7	" 8	"28
"17	"19	" 2	" 8	" 9	"29
"18	"20	" 3	" 9	"10	"30
"19	"21	" 4	"10	"11	"31
"20	"22	" 5	"11	"12	Jan.... 1
"21	"23	" 6	"12	"13	" 2
"22	"24	" 7	"13	"14	" 3
"23	"25	" 8	"14	"15	" 4
"24	"26	" 9	"15	"16	" 5

Mensis be- gins.	Mensis ends.	Barren Pe- riod begins.	Barren Pe- riod ends.	Fruitful Pe- riod begins.	Fruitful Pe- riod ends.
Nov....25	Nov....27	Dec....10	Dec....16	Dec....17	Jan.... 6
"26	"28	"11	"17	"18	" 7
"27	"29	"12	"18	"19	" 8
"28	"30	"13	"19	"20	" 9
"29	Dec.... 1	"14	"20	"21	"10
"30	" 2	"15	"21	"22	"11
Dec.... 1	" 3	"16	"22	"23	"12
" 2	" 4	"17	"23	"24	"13
" 3	" 5	"18	"24	"25	"14
" 4	" 6	"19	"25	"26	"15
" 5	" 7	"20	"26	"27	"16
" 6	" 8	"21	"27	"28	"17
" 7	" 9	"22	"28	"29	"18
" 8	"10	"23	"29	"30	"19
" 9	"11	"24	"30	"31	"20
"10	"12	"25	"31	Jan.... 1	"21
"11	"13	"26	Jan.... 1	" 2	"22
"12	"14	"27	" 2	" 3	"23
"13	"15	"28	" 3	" 4	"24
"14	"16	"29	" 4	" 5	"25
"15	"17	"30	" 5	" 6	"26
"16	"18	"31	" 6	" 7	"27
"17	"19	Jan.... 1	" 7	" 8	"28
"18	"20	" 2	" 8	" 9	"29
"19	"21	" 3	" 9	"10	"30
"20	"22	" 4	"10	"11	"31
"21	"23	" 5	"11	"12	Feb.... 1
"22	"24	" 6	"12	"13	" 2
"23	"25	" 7	"13	"14	" 3
"24	"26	" 8	"14	"15	" 4
"25	"27	" 9	"15	"16	" 5
"26	"28	"10	"16	"17	" 6
"27	"29	"11	"17	"18	" 7
"28	"30	"12	"18	"19	" 8
"29	"31	"13	"19	"20	" 9
"30	Jan.... 1	"14	"20	"21	"10
"31	" 2	"15	"21	"22	"11

A I R .

Sir Isaac Newton, it has been stated, only made one speech in Parliament; it was in the form of a request that *some one in the gallery would open the window*. It was a speech worthy of his philosophic mind, who had discovered some of the profoundest secrets of nature. A proper supply of pure, fresh air is essential to the preservation of life and health, as well as to the maintenance of cheerfulness of spirits and the consequent enjoyment of life. Although life may not be destroyed suddenly by breathing an impure atmosphere, still the vital energies are thereby slowly but surely impaired; this is especially the case with growing children and persons suffering from disease.

Impure Air—The impurities of the air may be ranked under two heads: gases and matters held in suspension. From the soil are wafted into the air particles of every chemical substance it contains. Near the dwellings of men particles of carbon, hairs, fibres of cotton and woolen fabrics, etc., abound. The vegetable world contributes seeds, spores, germs, pollen and light floating bodies. From the animal kingdom there are also germs and particles of worn-out tissues. The organic vapors arising from the decomposition of animal and vegetable products have hitherto baffled man's attempts to discover their precise chemical constituents; a similar obscurity attaches also to the organic substances known as the specific virus of contagious diseases. These all deteriorate the air.

Air Spoiled by Breathing—In the process of breathing the air loses a third part of its oxygen, the life-giving principle, and receives in exchange carbonic-acid gas, a gas not only incapable of supporting life, but

actually destructive to it. Such is the change effected by a solitary act of breathing; and if this process goes on in an ill-ventilated room where several human beings are gathered together, the carbonic-acid gas accumulates, usurps the place of the oxygen consumed, and so renders the air less and less fit for the renewal of life. Carbonic-acid gas cannot support combustion; hence a lighted candle partially or completely surrounded by it burns slowly or goes out; and so is it with human beings, when more or less completely enveloped in an atmosphere charged with this gas; all the functions of the body are tardily and imperfectly performed, the muscular tissues are enfeebled, the breathing becomes oppressed, the head aches, and in extreme cases life is extinguished amidst sufferings of the most distressing nature. The fact can scarcely be too strongly stated, that efficient ventilation cannot be secured unless sufficient space be made for the egress from the upper part of a room of the impure air, and provision in the lower part for moderate but sufficient access of fresh air from the surrounding atmosphere. In the greater number of dwelling-houses no direct provision at all has been made for this purpose, and the only ventilation obtained is due to the imperfect fittings of the windows and doors. On the contrary, the floors are covered with carpets, the windows and doors made as impervious as possible to the air, and in the ceiling no apertures exist for the escape of carbonic-acid gas. In this way all classes of the community suffer almost equally.

Airy Sleeping-Rooms—The fact that carbonic-acid gas is inimical to health and life shows the importance of making provision for its uninterrupted removal from our houses and places of assembly, and, above all, from our sitting-rooms and *sleeping-rooms*. *Airy, well-*

ventilated sleeping-apartments should be ranked with the most important requirements of life, both in health and disease. Bed-rooms, in which about one-third of human existence is passed, are generally too small, crowded and badly ventilated. The doors, windows, and even chimneys, are often closed, and every aperture carefully guarded so as to exclude fresh air. The consequence is, that long before morning dawns, the atmosphere of the whole apartment becomes highly injurious, from the consumption of its oxygen, the formation of carbonic acid, and the exhalations from the lungs and the relaxed skin. In an atmosphere thus loaded with effluvia the sleep is heavy and unrefreshing, partaking more of the character of insensibility. There are some diseases in which the cause of death is simply the accumulation of carbonic acid gas in the blood ; and this condition obtains, in some degree, in a badly ventilated bed-room. If provision were made for the admission of fresh air and the escape of impure air, the sleep would be lighter, shorter and more invigorating. In nearly every instance the door of the bed-room may be left open, and the upper part of the window let down a few inches—a greater or less extent according to the state of the weather—with perfect safety. A current of air may be prevented from playing on the face of the occupant by placing the bed in a proper situation, or by suspending a single curtain from the ceiling. During thick fogs or severe winds the apertures directly communicating with the external air may be closed, and ventilation secured from the adjoining landing.

The importance of the subject is very correctly and strikingly put by a medical writer of the last century: “If any person,” he remarks, “will take the trouble to stand in the sun and look at his own shadow on a white plastered wall, he will easily perceive that his whole body

is a smoking mass of corruption, with a vapor exhaling from every part of it. This vapor is subtle, acrid and offensive to the smell; if retained in the body it becomes morbid, but if re-absorbed highly deleterious. If a number of persons, therefore are long confined in any close place not properly ventilated, so as to inspire and swallow with their spittle the vapors of each other, they must soon feel its bad effects." Unpleasant as it is to dwell on such a subject, it is yet true that the exhalations from the human lungs and skin, if retained and undiluted with a continuous supply of oxygen (the active agent in *all* disinfectants), are the most repulsive with which we can come in contact. We shun the approach of the dirty and the diseased; we hide from view matters which are offensive to the sight and the smell; we carefully eschew impurities in our food and drink, and even refuse the glass that has been raised to the lips of a friend. At the same time we resort to places of assembly, and draw into our mouths air loaded with effluvia from the lungs and skin and clothing of every individual in the promiscuous crowd; exhalations offensive to a certain extent from the most healthy individuals, but which, rising from a living mass of skin and lung in a state of disease, and prevented by the walls and ceiling from escaping, are, when thus concentrated, in the highest degree deleterious and loathsome.

The great practical inference is, that the only means of preventing persons from poisoning themselves and others is to insure their being constantly surrounded by fresh air; otherwise, low fevers may result, and such acute diseases as scarlatina, measles, small-pox, etc., may be excited in epidemic forms, often marked by malignant symptoms. The air of an apartment containing several human beings, if unchanged, not only becomes charged

with carbonic-acid gas, but also, as before stated, impregnated with animal particles, which fly off from the skin and lungs, so minute as scarcely to be detected by the microscope, but capable of decomposition; and which taken by the breath into the lungs may be absorbed and develop the worst forms of scrofula and consumption. But if these particles are given off from persons affected with or recovering from small-pox, scarlet fever, whooping-cough, typhus, etc., they will exert a still more injurious influence upon the health, and probably generate in others diseases like those from which they emanated.

Ventilation of Schools—The sanitary arrangements of many schools are notoriously bad. The buildings used for such purposes are often unsuitable, and the cubic and the window-space totally inadequate. This applies often both to the school-rooms and the sleeping-rooms, which are over-crowded and badly ventilated, causing loss of appetite, headaches and general delicacy—effects often attributed to overwork, but in reality due to want of fresh air. Parents should always inspect the rooms, and ascertain their size, the position of the windows and fireplaces and other facilities for ventilation, with the average number of occupants. A rough test of the efficiency of the ventilation of a school-room may be arrived at by entering it after it has been occupied some two hours, and comparing the difference existing between the air of the room and that out of doors.

Badly Ventilated Churches, etc.—It is important to bear in mind that the assembly in an ill-ventilated church, court of law, school-room, theatre, ball-room or evening party may include in its numbers some as yet unsafe convalescents from the diseases previously mentioned. The only security we can suggest is, as far as possible to avoid all places of public resort or private gatherings in

which the most ample provision is not made for the admission of fresh air, and for the uninterrupted escape of air spoiled by carbonic-acid gas or animal exhalations. In the section on small-pox it will be seen that in a recent epidemic the greatest success attended the treatment of patients absolutely in the open air in mild weather, and with the windows and doors constantly open, day and night, in the coldest months of the year. In the cure of general diseases, too, pure air exercises a very potent influence. Jackson, writing on the Peninsular war, states that more lives were destroyed by accumulating sick men in ill-ventilated apartments than in leaving them exposed to severe weather by the side of a hedge or common dyke; showing the priceless value of fresh air.

SUNLIGHT.

The cut on the following page illustrates the free and open style which should characterize a dwelling with reference to the surrounding foliage.

The importance of sunlight for physical development and preservation is not duly appreciated. Women and children, as well as men, in order to be healthy and well-developed, should spend a portion of each day where the solar rays can reach them directly; this being particularly necessary when there is a tendency to scrofula. Just as sprouts of potatoes in a dark cellar seek the light, and are colorless until they come under its influence, and as vegetation goes on but imperfectly in places where sunlight does not freely enter, so children and adults who



A MODEL LOCATION.

live almost entirely in dark kitchens, dingy alleys and badly lighted workshops are pale-checked and feeble. Houses are only fit to be occupied at night that have been purified by the solar rays during the day.

It has been pointed out by Dr. Ellis that women and children in the huts and even the log-cabins, which contain only one or two rooms, remain healthy and strong; but that after the settler has built a house, and *furnished it with blinds and curtains*, the women and children become pale-faced, bloodless, nervous and sickly; the daughters begin to die from consumption, and the wives from the same, or from some of the diseases peculiar to women. At the same time the adult males, who live chiefly out of doors, continue healthy.

The value of sunlight for animal development may be illustrated by such facts as the following: In decaying organic solutions, animalcules do not appear if light is excluded, but are readily organized when it is admitted. The tadpole, kept in the dark, does not pass on to development as a frog, but lives and dies a tadpole, and is incapable of propagating his species. In the deep and narrow valleys among the Alps, where the direct rays of the sun are but little felt, cretinism, or a state of idiocy, more or less complete, commonly accompanied by an enormous goiter, prevails, and is often hereditary.

During the prevalence of certain epidemic diseases the inhabitants who occupy houses on the side of the street upon which the sun shines directly are less subject to the prevailing disease than those who live on the shaded side. In all cities visited by the cholera the greatest number of deaths took place in narrow streets, and on the sides of those having a northern exposure, where the salutary beams of the sun were excluded.

Except in severe inflammatory diseases of the eyes or brain, the very common practice of *darkening the sick-room* is a highly prejudicial one. The restorative influence of daylight is thus excluded, and also the grateful and natural succession of light and darkness; the two always making up the same period of twenty-four hours, which favors sleep at the appropriate time, and divests the period of sickness of the monotony and weariness of perpetual night.

Sunlight constitutes an important factor in the development and preservation of the physical system. In confirmation of this statement, we have only to refer to the fact that children who are kept in dark alleys, cellars, factories and mines, are frequently afflicted with rickets and various

deformities and swelling of the bones, and especially in the spine. This condition exists not only among the poor, who live in dark, damp places, but among the rich, who live in fine, dry, airy dwellings, and who keep their children a considerable portion of the time in doors, secluded from the sun's light, and deprive them of active exercise. As vegetables lose their healthy color and strength when deprived of sunlight, so also with children. Their muscles become soft and delicate; the nervous system deranged; the digestive organs enfeebled; the blood watery and pale, and the skin loses its healthy, ruddy complexion, and has a pale, sickly hue. People who live in houses much shaded by trees are more subjected to certain forms of disease than those whose dwellings are freely exposed to the sun. Shade-trees should be at a little distance from the house, that they may afford a grateful retreat for the hot days, but they should never be so near the house as to shade the buildings or the windows.

When the ladies of this country shall take as deep an interest in their own healthful development and the well-being of their children as they now do in the elegant gloom of their parlors, and will give free admittance to the life-giving light of the sun during the entire day, regardless of the fact that it may dim the bright colors of the carpets and hangings, thinking more of dissipating dampness, mould and the effluvia of human bodies—those fruitful causes of disease—than of preserving by darkness the seeming freshness of their furniture and apartments, we shall have fewer unhappy families; fewer mothers will wear their lives out in the servile care of puny and sickly children; fewer husbands will find their severest toil in the nursing cares of their home, and be obliged to return to their business or labor in the morn-

ing more wearied than they left it on the previous evening; for some of the most fruitful causes of disease will have been removed. If any gentleman regards his wife and children as an incumbrance, of which he would gladly be rid, so the law did not hold him guilty of their "taking off," let him build for them a stately house in a fashionable locality, and encourage them to follow the prevailing fashion of shrouding its apartments in unnatural gloom, and he will soon find himself a childless widower, lapped in the tender sympathies of his neighbors, instead of being punished as a murderer, which he ought to be.

This is the chief reason, perhaps, why the wives and children of the poor are so much healthier, as a rule, than those of the rich. Living, as they are compelled to do, in a hut or cabin, with but one or two rooms and destitute of shutters and shades, the necessary daily sun-bath of their homes and persons imparts to them—unconsciously to themselves, and while they are, perhaps, complaining of the hard fortune which has denied to them the deadly luxuries of the rich—the very elixir of life and health. Houses are only fit for occupancy at night by being dried and purified by the rays of the sun during the day.

It has been discovered by the authorities in St. Petersburg, by many actual and comparative experiments, that the number of patients cured in rooms properly lighted was four times greater than of those confined in dark rooms. These results led, of course, to a total change in the method of lighting the hospitals of all Russia, and with the most beneficial effects. In all the cities visited by the cholera it was uniformly found that the greatest number of deaths took place in narrow streets,

and on the sides of those having a northern exposure, where the health-giving beams of the sun could not fall. We may add that a similar result has been observed by intelligent physicians, though never formally and statistically tabulated, in the crowded streets and alleys of our own cities during any season of prevailing pestilential or epidemic disease. In this respect it would seem that our free government might learn a profitable lesson, even from the kindly providence of Russian despotism.

METHODS OF OBTAINING EXERCISE.

Exercise for Ladies and Others—As exercise is essential to the preservation of health and development, the proper method of taking it is an important subject of inquiry.

Very little, and in many instances no provision has been made in our cities and towns in the way of proper play-grounds for children or adults; it, therefore, becomes necessary to seek artificial methods for obtaining exercise.

Being deprived of an opportunity for athletic sports and games, a competent teacher of physical exercise has become almost a necessity; and even more necessary than is a teacher for some of the branches taught in our schools. There are many who are not aware of the different motions which the human body and its numerous organs are capable of making, and which the health of the various muscles and parts requires should be made to prevent diseases and deformity; hence the importance of such teachers. Nor is the necessity of such teachers con-

fined to cities and villages; for the female portion of the population of our rural districts have, in great degree, neglected out-door amusements and exercise until disease and deformity are the result.

Ordinarily it is not fashionable for young girls and ladies to engage in active, out-door sports, such as running, playing ball, rambling over the fields, etc.; and if young girls engage in such necessary sports, they are cruelly called romps and tom-boys—which are regarded as terms of reproach—as though girls have not as good a right to exercise, air, light, amusements, symmetry of form, consequent health and beauty as boys. In the eyes of some it is not fashionable for young ladies to engage in any of the out-door employments which give vigor and health to young men.

There are but few who would wish to see them engage in the hardest manual labor, side by side with men. But we should like to see every farm provided with a large garden and orchard, and to see ladies spend more of their time in cultivation of berries, fruits, flowers and vegetables, in the open air, and less in useless fancy sewing; and they would thus make their homes a paradise, where health, beauty and happiness abound, instead of a home of discontent, deformity and disease.

Let such a change be wrought and it would cause the young men of our country to seek happiness amid the quiet and peace of the domestic circle, surrounded by a loving wife and happy children, instead of their being repelled by the fear of being yoked to extravagant, lazy, sickly wives, and by imaginary ghosts of starving, sickly and dying children.

The Exercise that Produces Headache—When an occasional opportunity is given or taken for out-door exercise, if it is a little vigorous or prolonged, the sys-

tem being unaccustomed, not inured to it, it is liable to produce temporary headache, neuralgia or some other slight ailment; hence mothers often ignorantly conceive the idea that out-door exercise is generally not compatible with the health of their delicate young misses; and many of the mothers have even imbibed the notion, too, that such work is incompatible with their health also, when it is just what they need, if employed regularly.

IMPOSITIONS BY MOTHERS.

A most stupendous imposition perpetrated by mothers is that of sending their daughters into the world as wives without first teaching them the most necessary accomplishments of domestic life, such as how to make their own clothing, how to cook and properly conduct household affairs. No one understands and appreciates or feels its blighting influences on his home so well as the deceived and defrauded husband, whose desire was to obtain a "help-mate," and who believed the object of his choice would realize to him his utmost wishes.

But now, alas! marriage has unveiled the deception. If the silent execrations and maledictions that have been heaped upon mothers-in-law for their dereliction of duty in this respect could be thundered in their ears, it might have the effect to arouse them to a sense of their duty, and perhaps induce some reform. And well it might; for the present method of many in rearing their daughters is, to say the least, very reprehensible.

VANITY IN CHILDREN.

This is a monster vice which thoughtless parents, in various ways, are cultivating and developing in their children, and to their irreparable injury. A writer from Saratoga thus discourses on this subject:

“It is disgusting to see nurslings with rings, bracelets, and so on upwards through all gradations of age. It is especially American, and we must suppose this fashion is borrowed from the Indians. * * * Their little embryo minds and hearts are already poisoned with coquetry and love of show. They have beaux (an expression considered vulgar and nowhere used in Europe), receive calls, boquets, make appointments; rivalry and envy in their ugliest shape early take possession of their souls. For years I have observed this disease all over the country, in all cities where I have seen society. Above all, it is painful to one’s feelings at the hotels and watering-places. When I see here, in the evenings, in the parlors, rows of these little dolls and fops dressed, ribboned, jeweled, fanning themselves, monkey-like, in imitation of the elder part of society, I feel an almost irresistible itching in the fingers to pinch their mammas. Nurseries seem not to exist in America. In this respect the manner of bringing up children is far superior all over the continent of Europe. There children are kept children as long as possible, and all care of parents and families is bestowed to watch over the tender blossoms, and preserve them from the heating, unwholesome influences of parties and motley company.”

A HINT TO MOTHERS.

How many times one hears a mother coax and urge her baby to say words when somehow he has made up his mind he won't, or, if he has not made up his mind, the coaxing causes him to! Ordinarily the baby says the one word of his vocabulary with readiness; but this time the company before whom he is being displayed makes him bashful or diffident, and he does not say it when first asked. Then is the time for the mother to stop. If she urges him in such a case, when he is not inclined to talk, it will only induce a habit of setting his will in opposition to hers; a habit that will "grow with his growth, and strengthen with his strength," and will become obstinacy. Now, of course, she cannot reason with him; and there is no more moral wrong in his refusal than in refusing his milk when he is not hungry. But this, like all childhood, is seed-time. Much may be done almost from earliest infancy, by inducing, unconsciously to the child, habits of obedience, and preventing their opposites—thus making the after-way far easier for both child and mother. A contest with a child can generally be prevented, and ought to be. Temporal and external obedience may be obtained by it, in some cases—though not always even that—but at what a fearful cost! Not only of suffering, but affection and confidence between child and parent are never the same with as without it, and "breaking the will," as it is called, instead of training it, is a dire mistake. There can be no self-governing force, no stability of character, without a resolute, well-directed will. The young tree, you know, must be pruned—never broken. The colt must be trained by gentle firmness, not severity. And immortal souls and human hearts need no less care and watchfulness.

IMPERFECT SYSTEM OF EDUCATION.

A proper development of the physical system should take place during childhood and early youth; otherwise the opportunity is, in a great measure, lost forever; and a comparatively puny and delicate body and a life-time of suffering and disappointed hopes are almost inevitable. Whereas, if the intellect is neglected during the same time, but a healthy body secured, the individual may not even know his letters at the age of sixteen or eighteen years, yet with industry a good practical education can be obtained. The following important facts are lost sight of, or not known or practiced by many parents and educators, namely: If we strive prematurely to develop the intellect of a child by undue application, an unnatural flow of blood is directed to the brain, to supply the unnatural activity and consequent waste which are going on in this organ; therefore, the rest of the body suffers from the fact that an excessive amount of blood has been diverted from its legitimate uses. Nor is this all; for the premature development of a part of the system is necessarily but an imperfect development of even such part. For this reason we rarely ever hear of our precocious children in after life as distinguished men or women. It is a matter of no small surprise to many that such "smart children" do not attain a higher rank in after life.

The secret lies in the fact before stated. How much more important is the *physical* education of the child than the *intellectual*! and we have but to look around us at the puny, pale-faced, deformed children to see how fearfully this most important part of our education is neglected. And this is not only the case with young children, but the neglect likewise extends to older ones; to the students in many of our higher institutions of learn-

ing, in which many of the teachers are very censurable for permitting their studious pupils to engage too much of their time in study, and to have too many studies at the same time, to the neglect of physical culture. We are glad that in some few of our cities and towns men are becoming awakened to the importance of this matter; as a change is greatly needed in our system of education, from the common school up; for in its present condition it is productive of much disease, insanity and physical deformity.

It is melancholy, indeed, in our institutions of learning to see so many puny-looking young men and women; hollow chests, round shoulders and bending body are characteristics of our students, and premature old age and disease carry off but too many of our most gifted men and women.

In some of our female institutions of learning as high as thirty-seven per cent. of those who had been former attendants have died within two years after leaving school.

Students, as a general rule, are inclined to become listless and indolent; therefore, they should be required, as a matter of duty, to spend several hours during the middle of the day in a regular course of active, systematic exercise and physical training, together with active amusements. A double advantage is thus derived; for being occupied a portion of the time during the day they will be compelled to spend their evenings at study, instead of amid scenes of dissipation and folly.

No doubt our present system of education is very imperfect, though the day of its radical amendment may be distant. The force of example and training seems, as yet, all-powerful. Teachers are educated to teach, and cannot

well help teaching as they are taught. The orthodoxy of education is of the most proscriptive sort. To differ, to innovate, to adapt instruction, either in kind or degree, to the capacity and mental bent of the pupil would be certainly a perilous experiment, even could a teacher be found sufficiently bold and original to design and attempt such an experiment. No doubt he would be ostracised, both by the profession and the patron. We want our children educated in the good old way ; their minds stretched upon the rack which cracked the mental sinews of their fathers and mothers ; their intellectual stature adapted to the proportions of the old Procrustean Bed ; their education to result in mental uniformity. Of course we all see that this is silly ; that it would be quite as reasonable to design and seek to compass for our children an equal measure of physical strength and avoirdupois ; that the higher mathematics, the dead languages and many of the arts now attempted to be taught in the public schools are totally impracticable—not to say useless—to the large majority of the pupils ; but we go on in the same old fashion. Every child must be classed and graded and put through the same mechanical drill. It is quite certain that many are stultified and some ruined by the process. What difference ? It is the fashion. It is the accepted theory of our age and country that all children should be educated and educated in the same way. Of course both these propositions are outrages upon common sense. The vast majority must be “ hewers of wood and drawers of waters ; ” laborers and common servants ; and their partial or complete education—even were the latter practicable, which it is not—must defeat the ends of nature, and more or less deeply disorganize society. Such has been the effect hitherto ; it is patent to the observation of all men ; servants and laborers are growing scarcer, and idlers, vaga-

bonds, tramps, thieves and robbers are being multiplied year by year. This is the natural, and even necessary, effect of the system of popular education; the servant is made to feel himself as good as his master, and the laborer quite the social equal of his employer. What wonder that these scorn service and labor and prefer to live by their wits? Society is simply reaping in the present carnival of outrage and crime what it has sown. A little longer perseverance in the prevailing methods, and it needs no inspired preacher of righteousness to predict that the foundations of the popular deep will be broken up, and the loftiest social eminences covered by an angry and destroying flood.

GYMNASTIC EXERCISE.

There are many who do not sufficiently appreciate the importance of such exercise and its bearing on the development of the physical organization. And, in order to judge of its favorable effects, it is necessary to witness some of the results of such exercise—the vigor imparted and the muscular development produced. Every city and village should be furnished with a gymnasium; and all, both male and female, old and young, who have no other form of exercise, should regularly resort to it.

Many good people imagine that there is no necessity for gymnastic exercises, because they are a novelty, lately introduced, and never heard of in the times of our stout old fathers. Why, they think, should we forsake the customs of our ancestors in favor of this new-fangled theory of romps? Our children will do very well, if they

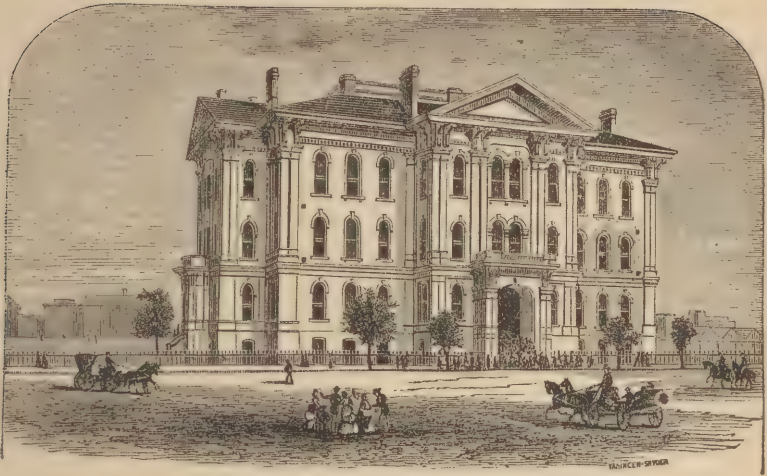
are as strong and vigorous as their fathers and grand-fathers; and *they* had none of these modern inventions to help them to grow into men of might and mould. But these honest souls do not reflect that times have changed, and that the people have changed with them. We have no longer the same people, the same customs, or the same country. Then we had no large cities, and sedentary occupations were almost unknown. The men were farmers, herdsman, hunters. The women toiled at the wheel, the loom, in active domestic service, and not unfrequently a-field with the men. Together they lived, for the most part, in the open country or in small villages. A common necessity turned their daily life into a gymnasium. They ate sparingly; slept hardly. They had no money to spend for French cooks, and little time to waste in devising luxuries for their table. Factories, spinning-jennies and power-loom were unknown. Labor-saving machines were not. Life meant labor for both man and woman. They were healthy then, almost as a matter of course. Their diet was simple, their drink pure and unstimulating, their habits natural and hardy. If "there were giants in those days," as no doubt there were, they were hewed by the sharp chisel of circumstance out of the hardest granite of our nature. If their hardness would shame the degenerate men and women of our day, there was and there is ample reason for all the difference, without credit to them or shame to us. They were simply the creatures of their time, as we are the creatures of our time.

Now, both men and women have wealth, luxury and leisure almost without stint. Our largest employments are in the counting-room, at the desk, or at the compiler, translator or author's table. The hardest workers are

brain-workers. The artisan, and even the farmer, is comparatively without exercise; he tends his machine or rides on his agricultural implement. The daily laborers, in the old, active sense of labor, are already in a minority, and that minority is growing smaller every day with the invention of new machinery and new applications of old machines. Our great cities shut up millions of people to lives of severest toil without any suitable or proper exercise. All the children of the wealthy, and many of those in moderate circumstances, are reared to do nothing useful or to wait through life for the turning up of some lucky chance. The employments of the women consist of fancy-work, novel-reading and society. They have no health, no vigor, no stamina. They are utterly unfit to be the wives and mothers which they are, or which they expect to become. Late hours, luxurious living, bad air and want of exercise have made of them the mere effigies of women.

Our young men, boys, and even some of our modern girls, who are distinguished or disgraced by the epithet "fast," are addicted to the use of tobacco and other poisonous stimulants. And against the encroachments of these insidious destroyers they can set up no defensive bulwarks of strong health and vigorous constitution. They, therefore, succumb and fall easy and sudden victims, where otherwise they might long resist and even overcome the enemy.

All this may be remedied, in large part at least, by the establishment of public and free gymnasiums in every city and village of our land. These are the crying want of our day and time; more urgent and imperious by far than that necessity for the education of the masses, to meet which the states are now expending annually millions



SCHOOL PALACE NO. 1.

of dollars in such school-palaces as are shown in the accompanying illustrations. It is the obvious duty of the State to provide, first and above all, for the physical welfare and development of her citizens; and this is her true interest, as well. To encourage her in this she has the good example of the best and strongest of the ancient states. The wisest governments of ancient and modern times have made this provision, for the plain reason that it was the chief constituent and reservoir of their own strength. More than anything else it fosters virtue. There is something naturally antagonistic between vice and vigor. Idleness and luxury, on the other hand, are the natural parents of all social evil. The whole brood of intemperate appetites and malignant passions are born of this couple.

No doubt the public-school system of our later years is a wonderful step in the direction of paternal government. The world has never seen anything like it. It goes before all thought and all theory. It outstrips the



SCHOOL PALACE NO. 2.

most radical speculation. It springs up like the product of magic in the silence and night of thought, and while the world's mind is asleep. And, once in being, its growth is as marvellous as was its birth. Already it fills the towns and villages of the land: its commissioners are almost sovereign legislators: it has become one of the foremost factors in political combinations; and it threatens or promises (who is wise enough to select the term?) to overshadow all other interests in practical and pecuniary importance. Very soon the rural districts must demand their fair proportion of these magnificent investments, and a few years hence we may see one of our palatial public school-houses on every inhabited section of the country. To teach in these institutions is already the most lucrative of all employments, in proportion to the culture and capacity required and employed; and it is becoming a close corporation, into which none may enter but those who have purchased the favor by money or toadyism, or made themselves free of the guild by passing through its various grades to final graduation in the Normal.

What will come of all this we do not undertake to say. At all events, it is a prodigy—and fast becoming, if it has not already become—an irresponsible and wholly self-acting and controlling prodigy, at which the people of this country will do well to look long and carefully. We have only referred to it in passing to demonstrate the propriety of that action of the government in establishing those institutions for physical culture and development, for which we so warmly plead. The argument is level to any mind: If the State can do all this for the mental training of the children of the country, which is not always certain to result in making them better citizens—since intelligence is not necessarily conservative—surely

she may and ought to do something for that physical culture which, as all experience shows, is conservative and one of the prime factors of virtue.

CONTENTS OF VOLUME II.

DIVISION I.—Food in Health and Disease.

1. Regulation of Diet.
Fixed Rules Impossible.
2. Relation of Food to Nutriment.
Elements of Food.
Animal and Vegetable Products.
3. Animal Food.
Comparative Values of Flesh.
Good Meat—Seven Characteristics.
The Different Kinds of Meat Named and Described.
Birds.
Game.
Fish.
Shell-fish.
Eggs.
Butter.
Cheese.
Milk
4. Vegetable Food.
Wheat.
Bread.
Oatmeal.
Barley.
Rye.
Indian Corn.
Rice.
Vegetables.
Nuts.
Fruit.
Sugar.
Condiments.
5. Liquids.
Water.
Ice.
Tea.
Coffee.
Cocoa.
6. Diet for Dyspepsia.
7. Diet for Scrofula.
8. Diet for Consumption.
9. Diet for Rheumatism.
10. Diet for Gout.
11. Diet for Gravel and Stone.

12. Diet for Dysentery.
13. Diet for Cholera.
14. Diet for Constipation.
15. Diet in Worm-affections.
16. Diet for Diabetes.
17. Diet for Bright's Disease.
18. Diet for Scurvy.
19. Diet for Fevers and Inflammations.
20. Diet for Heart-disease.
21. Diet for Baldness.
22. Diet for Diphtheria.
23. Diet for Corpulence.
24. Diet for Rickets.
25. Diet for Hysteria.
26. Diet for Diarrhea.
27. Diet for Skin-diseases.
28. Diet for Diseases of the Liver.
29. Diet in Infancy.
30. Diet in Old Age.
31. Diet for Travelers.
32. Diet in Maternity.
33. Modes of Preparing Food.

DIVISION II.—Medical Plants or Materia Medica.

Under this head are named and described, with many illustrations and directions for preparing and using, all the medical agents now known, with the addition of a large number—quite one hundred—that have not heretofore been given to the public. In this respect this volume will be superior to any other work yet published.

DIVISION III.—Miscellaneous—Recipes, etc.

1. Bread and its Compositions.
2. Animal Food.
3. Animal Magnetism.
 - Its Nature and Importance.
 - How to Magnetize.
 - Magnetism as a Curative Agent.

DIVISION IV.—The Sick-room.

1. Nursing.

DIVISION V.—Laws of Health of the Digestive Organs and Muscles.

1. Digestive Organs.
 - Quantity of Food.

Quality of Food.

Table Showing the Time of Digestion of Different Articles of Food.

Manner of Taking Food.

Condition of the System Before and After Taking Food.

2. Muscles.

Excessive Exercise.

Rest.

The Utmost Muscular Capacity.

The Kind of Exercise.

Mind and Muscle.

DIVISION VI.—Hydropathy—Water-cure.

DIVISION VII.—Homœopathy.

DIVISION VIII.—Domestic Animals.

1. Diseases of the Horse.

2. Training of the Horse.

The Secret of Subduing Wild Horses and Other Wild Animals.

To Break a Horse of Scaring.

How to Manage a Stubborn Horse.

Haltering the Colt.

Saddling.

Riding.

Driving Wild and Vicious Horses.

To Cure Balky Horses.

To Make a Horse Lie Down.

To Make a Horse Stand without Hitching.

To Break a Horse from Kicking.

To Catch a Horse in a Pasture.

To Test a Horse's Eyes.

To Break a Horse of Jumping.

Horsemanship, etc., etc., etc.

3. Diseases of Cattle.

4. Diseases of Hogs.

5. Diseases of Sheep.

6. Diseases of Fowls.

7. Apiary—Management of Bees, etc., etc.

DIVISION IX.—Home.

1. Its Influence.

2. Its Charm.

3. Its Effects.

4. Husband and Wife.

5. Parents and Children.

6. Dwelling-place.

7. Health.

8. Security.

The above is a mere outline of the contents of this volume, and necessarily fails to convey to the reader any adequate conception of their importance and value. The first division, for example, is a perfectly exhaustive treatise, by a thoroughly scientific, able and accomplished mind, on the great subject of human food, and contains thousands of new thoughts and views, the product of their author's wide and deep experience, which will be found most happily adapted to every condition of health and disease. The third division abounds with invaluable recipes and the most entertaining and instructive reading-matter, including so thorough an article on animal magnetism as has seldom seen the light in this country. In the fourth division are set forth the complete and proper management of the sick room and all the essentials of the best nursing. This special treatise is of immense practical value to every household. Division fifth is a full and masterly exposition of the conditions of health of the digestive apparatus and muscles, with the most important and practical application to individual health and habits. The sixth division explains and illustrates whatever is most valuable in the whole system of water-cure. Division seventh does the same thing with regard to homœopathy. The eighth division, on domestic animals, is richly worth, to every farmer and stock-raiser, more than the price of the whole book. Indeed, more than this amount has been paid for some single items of information contained in it.

And finally, in the article on Home, the reader will find the nature and essential conditions of a happy home fully set forth, in terms which will rouse him to the life-work of building and maintaining that most sacred of all divine institutions.

NOTE.—We wholesale our books to canvassing agents *exclusively*; therefore, do not send to us directly or call on us in the city, for we do not retail them or sell them through book-stores.

ILLUSTRATIONS OF MEDICAL PLANTS.



AGRIMONY (*Agrimonia Eupatoria*).

This plant now has the reputation of being a cure for almost any case of scrofula. See page 192, Vol. II.



ACONITE (*Aconitum Napellus*).

A cure for most forms of fever and neuralgia, and very efficacious in many other diseases. See page 190, Vol. II.



AMERICAN HELLEBORE (*Veratrum Viride*).

A cure for convulsions in child-bed and most other fevers, and efficacious in epileptic fits. See page 196, Vol. II.



ARNICA (*Arnica Montana*).

Invaluable for wounds and bruises. See page 200, Vol. II.



BONESET (*Eupatorium Perfoliatum*).
This is very efficacious in fevers, and will break up most cases of fever and ague. See page 234, Vol. II.



BOLDO LEAVES (*Peumus Boldo*).
This is a new remedy, and highly recommended in the treatment of rheumatism, dyspepsia and gonorrhea. See page 233, Vol. II.



BLUE COHOSH (*Caulophyllum Thalictroides*).
This is of great service in child-birth, and also in epileptic fits. See page 230, Vol. II.



BLACK COHOSH (*Cimicifuga Racemosa*).

This is an excellent agent for relieving whooping-cough, and also in St. Vitus's dance. It stands in high repute for facilitating child-birth and as a cure for female disease. See page 225, Vol. II.



BAYBERRY (*Myrica Cerifera*).
For putrid sore throat this plant is unsurpassed; and for polypus of the nose it is a prompt and successful remedy. See page 208, Vol. II.



BELLADONNA (*Atropa Belladonna*).
Valuable in various diseases and a specific for nervous affections. It is also a preventive of scarlet fever. See page 212, Vol. II.



BITTER SWEET (*Solamum Dulcamara*).
This is unsurpassed for ulcers and sores and valuable in other affections. See page 217, Vol. II.



BLUE FLAG (*Iris Versicolor*).
This is now reputed to be one of the most positive cures in secondary syphilis. See page 229, Vol. II.



BLOOD-ROOT (*Sanguinaria Canadensis*).

An infallible remedy for croup and successfully used in liver-complaint. See page 223, Vol. II.



BALMONY (*Chelone Glabra*).

A sure remedy for expelling worms and invaluable in dyspepsia. See page 203, Vol. II.



BITTER ROOT (*Apocynum Androsaemifolium*).

This is a valuable remedy for the cure of venereal diseases and also for nervous headache. See page 216, Vol. II.



BERBERIS AQUIFOLIUM (*Oregon Grape*).

The different preparations of this plant have been found unexcelled in the cure of salt rheum, syphilis and cancer, and one of the best blood-purifiers known. See page 215, Vol. II.



BLUE GUM (*Eucalyptus Globulus*.)

A very excellent remedy for croup, rheumatism, diphtheria, etc. See page 231, Vol. II.



BETHROOT (*Trillium Latifolium*).

This plant is excellent for carbuncles. See page 213, Vol. II.



BURDOCK (*Arctium Lappa*).

A sovereign remedy for the cure of tetter, and for boils, and also to prevent their recurrence. See page 239, Vol. II.



BARBERRY (*Berberis Vulgaris*).

An admirable remedy for the cure of jaundice. See page 207, Vol. II.



BLACK ROOT (*Leptandra Virginica*).
Reputed a sure cure for bloody flux and
a complete substitute for blue mass in
liver-complaint. See page 221, Vol. II.



BUGLE-WEED (*Lycopus Virginicus*).
A cure for diabetes and will check
bleeding of the lungs, and cures con-
sumption in its first stages. See page
237, Vol. II.



COTTON PLANT (*Gossypium Herbaceum*).
This will promptly relieve suppressed men-
struation, and is used by many for breaking
chills and fever. See page 268, Vol. II.



CANADA FLEABANE (*Erigeron Canadense*).

This is a prompt and effectual
remedy in flooding and excessive
menstruation and in bleeding of
the lungs. See page 245, Vol. II.



CHRISTMAS ROSE (*Helleborus Niger*).

This is a celebrated remedy for the cure of dropsy of the brain. See page 256, Vol. II.



COLUMBO ROOT (*Frasera Carolinensis*).

A valuable remedy for the cure of gangrene and diseases of the stomach, etc. See page 262, Vol. II.



CASCARA SAGRADA—CHITTIM WOOD (*Rhamnus Purshiana*).

One of the most efficacious remedies in use for the cure of dyspepsia and constipation. See page 250, Vol. II.



COLCHICUM (*Colchicum Autumnale*).

This is a reliable remedy for most forms of rheumatism. See page 259, Vol. II.



CHEESE-WEED (*Malva*).

A favorite remedy with the Spanish people for the cure of venereal diseases and fevers. See page 255, Vol. II. 222



CLEAVERS (*Galium Aparine*).

A speedy remedy for relieving suppression of the urine and for gravel. See page 258, Vol. II.



DOGWOOD (*Cornus Florida*).

A cure for fever and ague. See page 275, Vol. II.



DOG-TOOTH VIOLET (*Erythronium Americanum*).

This plant is unsurpassed for healing scrofulous ulcers. See page 277, Vol. II.



DOG-FENNEL (*Anthemis Cotula*).

Valuable in asthma and rheumatism. See page 276, Vol. II.



ELECOMPANE (*Inula Helentium*).

This is a celebrated remedy for the cure of coughs and consumption in its earlier stages. See page 278, Vol. II.



DANDELION (*Taraxacum Dens Leonis*).

A superior remedy for the cure of liver-complaint. See page 273, Vol. II.



FOXGLOVE (*Digitalis Purpurea*).

This is a valuable cure for some forms of heart-disease. See page 286, Vol. II.



GOLD-THREAD (*Coptis Trifolia*).
Sovereign for the cure of sore mouth. See page 292, Vol. II.



GRINDELIA ROBUSTA (*Tar-weed*).

This new remedy is unsurpassed for asthma, and likewise for ulcers and wounds. See page 299, Vol. II.



GERANIUM (*Geranium Maculatum*).
An excellent cure for bleeding piles, and also for summer-complaint. See page 290, Vol. II.



GRINDELIA SQUARROSA (*Tar-weed*).

This is a reliable remedy for fever and ague, and also for venereal diseases. See page 297, Vol. II.



GROUND IVY (*Glechoma Hederacea*).

This is a prompt cure for painters' colic and useful for the relief of headache. See page 300, Vol. II.



GOLDEN SEAL (*Hydrastis Canadensis*).

A cure for some forms of dyspepsia and for sore mouth. See page 293, Vol. II.



INDIAN ARROW, OR WAHOO (*Euonymus Atropurpureus*).

A cure for chills and fever, especially old and chronic cases. See page 312, Vol. II.



INDIAN TURNIP (*Arum Triphyllum*).

Valuable for relieving coughs and colds and useful in various other affections. See page 315, Vol. II.



JAMAICA DOGWOOD (*Piscida Erythrinia*).
This is an efficient substitute for opium. See
page 319, Vol. II.



LOBELIA (*Lobelia Inflata*).
An antidote to poison of nearly
every kind. Cases of hydropho-
bia have been cured with it. See
page 324, Vol. II.



JABORANDI (*Pilocarpus Pennatifolius*).

Valuable agent for producing perspiration; will break up fevers, and has cured the worst cases of dropsy and bronchitis. See page 318, Vol. II.



LAUREL (*Kalmia Latifolia*).
A valuable and efficient cure for syphilis.
See page 331, Vol. II.



LADY'S SLIPPER (*Cypripedium Luteum*).

Valuable for nervous diseases and typhoid fever. See page 323, Vol. II.



MARSHMALLOW (*Althea Officinalis*).

Used with good effect in diseases of the kidneys, bladder, etc. See page 334, Vol. II.



MANDRAKE (*Podophyllum Peltatum*).

A sovereign remedy for the cure of chronic liver-complaint, incontinence of urine, etc. See page 336, Vol. II.



PRICKLY ASH (*Xanthoxylum Fraxineum*).

A cure for rheumatism, toothache, etc. See page 364, Vol. II.



PLANTAIN (*Plantago Major*).
A certain cure for the bite of snakes.
See page 360, Vol. II.



POKE (*Phytolacca Decandra*).
Reputed a cure for cancer, and is a popular remedy for rheumatism. See page 382, Vol. II.



PEPPERMINT (*Mentha Piperita*).
This will relieve sickness and vomiting, and is a cure for sea-sickness.
See page 354, Vol. II.



PLEURISY ROOT (*Asclepias Tuberosa*).
A cure for pleurisy and pain in the breast.
See page 359, Vol. II.



PENNYROYAL (*Hedeoma Pulegioides*).
Useful in colic in children, colds, etc.
See page 355, Vol. II.



QUEEN OF THE MEADOW (*Eupatorium Purpureum*.)

This will cure most forms of gravel and is highly extolled for sterility see page 369, Vol. II.



ROSE-WILLOW (*Cornus Sericea*).
An efficient remedy for vomiting in pregnancy. See page 378, Vol. II.

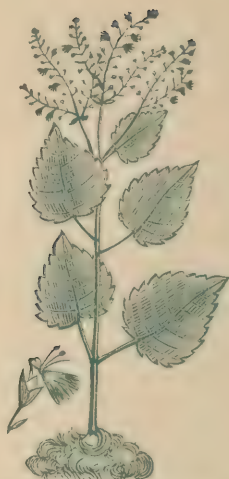


RED LOBELIA (*Lobelia Syphilitica*).
A cure for syphilis and cancer of the breast. See page 375, Vol. II.



SPEARMINT (*Mentha Viridis*).

An effectual remedy for the cure of chronic diarrhea. See page 394, Vol. II.



STONE ROOT (*Collinsonia Canadensis*).

A prompt cure for some forms of piles and a specific for clergymen's sore throat. See page 401, Vol. II.



SPIKENARD (*Avalia Racemosa*).

A very popular remedy for female weakness, and for ulcers. See page 396, Vol. II.



SOLOMON'S SEAL (*Convallaria Multiflora*).

An effectual cure for erysipelas, and also for poison from poison-vine. See page 393, Vol. II.



SCULL-CAP (*Scutellaria Lateriflora*).
Prompt and efficacious in St. Vitus's
dance, and in nervous headache. See page
386, Vol. II.

SARSAPARILLA (*Smilax Officina-
lis*).
An efficient blood-purifier. See
page 382, Vol. II.



SUMACH (*Rhus Galbrum*).
A reliable remedy for falling of the
womb and for leucorrhœa. See page 403,
Vol. II.



STRAMONIUM (*Datura Stramonium*).
Valuable for curing inflammation of the
stomach and for rheumatism. See page 403,
Vol. II.



TAG-ALDER (*Alnus Serrulata*).

A sovereign remedy for the cure of boils, swellings and sprains. See page 412, Vol. II.



VIRGINIA SNAKEROOT (*Aristolochia Serpentina*).

Employed extensively in fevers and other diseases. See page 426, Vol. II.



VERVAIN (*Verbena Hastata*).

Regarded as one of the best remedies in use for the relief of suppressed or checked menses. See page 425, Vol. II.



WHITE POND-LILY (*Nymphaea Odorata*).

A cure for ulceration of the womb and leucorrhoea. See page 429, Vol. II.



WILD INDIGO (*Baptisia Tinctoria*).

The most valuable remedy known for the cure of typhoid fever. It is said to cure any case of typhoid disease. See page 436, Vol. II.



WORMSEED (*Chenopodium Anthelminticum*).

This will promptly expel worms. See page 441, Vol. II.



WILD YAM (*Discorea Villosa*).

A speedy cure for colic, especially bilious colic. See page 437, Vol. II.



UNICORN-ROOT (*Alettris Farinosa*).

Especially useful for restoring the activity of the sexual organs, giving them tone, vigor and healthy action. It will prevent threatened abortion. See page 421, Vol. II.



XANTHIUM SPINOSUM (*Spiny Burr*).

A new remedy for the cure of hydrophobia. See page 442, Vol. II.



YERBA REUMA (*Frankenia Grandifolia*).

This new remedy is now regarded as infallible in catarrh, gonorrhea and leucorrhea. See page 450, Vol. II.



YELLOW JESSAMINE (*Gelsemium Sempervirens*).

Will relieve congestion of the brain and cure fever. See page 446, Vol. II.



YERBA SANTA (*Eriodictyon Californicum*).

A new remedy for the cure of chronic coughs, bronchitis, etc. See page 449, Vol. II.

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